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MEALS IN 15 MINUTES? JAMIE OLIVER CHEWS THE FAT ABOUT HIS LATEST BOOK OF RECIPES PAGE 20

CALGARY metro®
Tuesday, November 20, 2012
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More AHS expense concerns

Redford relative.
Premier's sister now among executives with political expense claims

Documents show the sister of Alberta Premier Alison Redford used her position as a health-board executive to attend and hold Progressive Conservative party events on the taxpayers' dime.

There was money for liquor, travel, hotels, flowers and bug repellent.

Wildrose Party Leader Danielle Smith, while releasing the documents Monday, said a bigger investigation is needed since Lynn Redford and those who signed off on those expenses remain executives with Alberta's health superboard.

"We've got the same people in positions today who exercised this lack of judgment, and they need to be called to account," Smith told a news conference at the legislature.

Response from AHS

- AHS spokesman Kerry Williamson, in a written release, said Lynn Redford was filing expenses when rules were fuzzy.
- "The policies and practices of the former health regions were not well defined and were open to interpretation," said Williamson. "Ms. (Lynn) Redford and the Calgary Health Region were meeting the expectations and norms at that time."

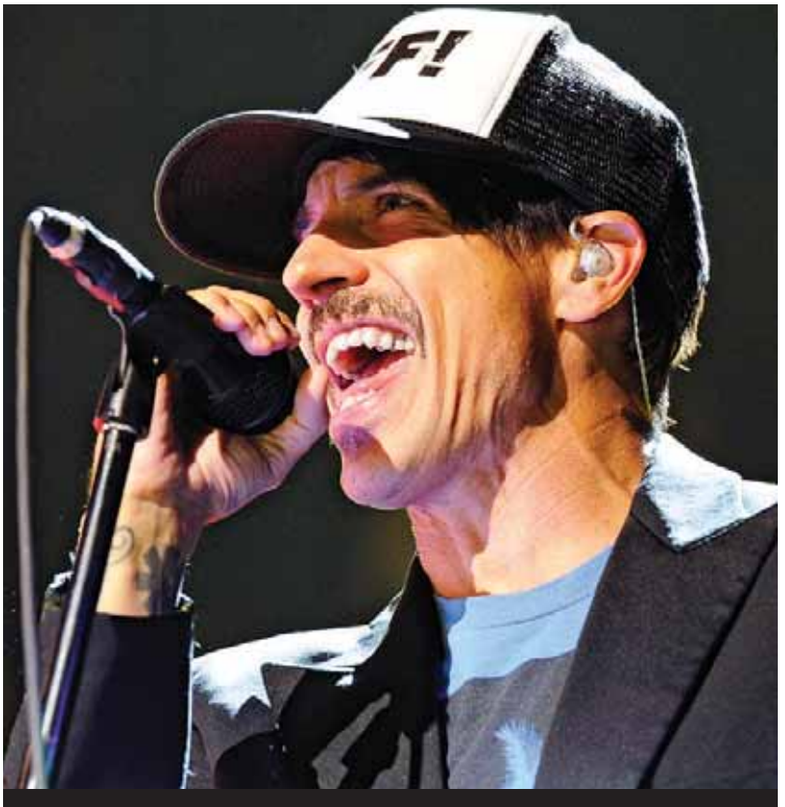
Premier Redford, appearing on CTV's political program Power Play, pointed out that the accusations go back to a time when Ralph Klein was premier and she wasn't even an elected MLA yet.

She suggested the criticism consists of a few "excited allegations" that will be clarified in the next few days.

"I have confidence in my sister," she said.

The documents show $3,448 worth of party spending. Public institutions are forbidden from spending money on partisan political activities.

The documents show that some expenses were approved by Patti Grier, now chief of staff and corporate secretary for AHS. The superboard works under the umbrella of the Alberta Health Department, carrying out day-to-day operations. THE CANADIAN PRESS



RED HOT ROCK

Red Hot Chili Peppers lead singer Anthony Kiedis performs to a sold-out crowd at the Saddledome Monday night. The concert was part of the band's I'm With You World Tour, which began in September 2011 and is set to continue into 2013 with shows in New Zealand, Australia and South Africa. CANDICE WARD/FOR METRO

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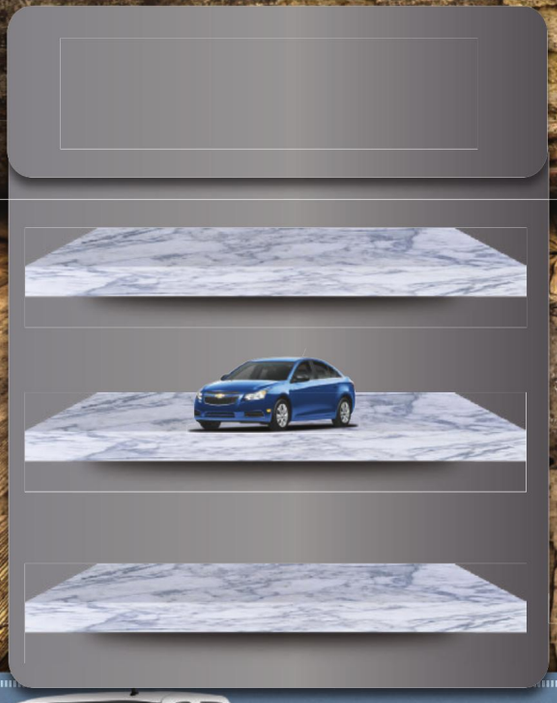

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Rollover. Street racing linked to serious crash on Deerfoot: Police

A street race may have led a man to roll his Porsche on a busy city road early Monday, Calgary police say.

Duty Insp. Paul Stacey said it appears excessive speeding caused the 28-year-old driver to be ejected from his vehicle at about 2:15 a.m. on Monday on southbound Deerfoot, near the Anderson Road exit.

"The vehicle that was involved, the Porsche Cayenne, was southbound on Deerfoot, and according to witnesses was racing with another vehicle," Stacey said, adding that police are looking for the second vehicle involved.

"It looked like they were going at a very high rate of speed," he said.

Stacey said the Porsche left the road and rolled several times, throwing the driver out of the car.

He was taken to hospital in life-threatening condition but was upgraded to serious several hours later.

"We're thinking alcohol may be a factor," Stacey added.

KATIE TURNER/METRO

Repercussions

- The driver could face a fine of up to $2,000, as well as criminal charges for excessive speeding.

Mayor Naheed Nenshi wears a Calgary Stampeders jersey during Monday's council meeting. If the Stamps win on Sunday, Toronto Mayor Rob Ford will have to sport the same look at a council meeting in his city. If the Argonauts win, Nenshi will be wearing the double blue. ROBSON FLETCHER/METRO

Mayors' wager puts food on the line

Win-win situation. No matter which team emerges victorious in Sunday's Grey Cup game, a food bank in Toronto or Calgary will benefit

LISA WILTON
lisa.wilton@metronews.ca

Staff and volunteers at the Calgary Food Bank will be cheering extra loud for the Stampeders this Sunday.

Civic pride is one reason, but the food bank also has something to gain if the Stamps win the Grey Cup final against the Toronto Argonauts.

On Monday, Mayor Naheed Nenshi proposed a friendly wager that would see the losing city's mayor donating his weight in food to the winning city's food bank.

"That would make a significant dent in donations to us," said Calgary Food Bank spokesperson Kathryn Sim, cheekily referring to Toronto Mayor Rob Ford's substantial girth.

Sim said she was thrilled the mayor made the bet to benefit food banks, adding the timing is perfect as the 24th Annual Mayor's Food Drive kicks off on Friday.

"I'm extremely proud to live in Calgary with the mayor we have," she said. "He has been hugely active with our food bank and is so kind to our staff and volunteers when he visits .... It doesn't surprise me that he proposed this bet. I truly think he's one of the only mayors in Canada who would think of it."

Nenshi challenged Ford on Twitter and the Toronto mayor accepted on Monday.

Nenshi later encouraged football fans in both cities to join in the bet.

"If you are making a bet with your family or friends in the other city, bet them the food bank," he said. "If you lose, you get to donate to the winning team's food bank. I think that is a great thing to do for all of us to get into the spirit of the game." WITH FILES FROM ROBSON FLETCHER/METRO

Birth of a notion

- Mayor Naheed Nenshi credited Twitter user @Baddigdog for coming up with the idea for the bet.
- The original tweet from @Baddigdog asks both mayors to "donate your weight in food to the others food bank! (And run the field naked)."
- The same user later tweeted: "Too bad they wouldn't take the full idea! (Maybe that's a good thing!)"

Save our dogs: Mexican SPCA seeks help from Albertans

Just picture their cute little faces: The Puerto Vallarta SPCA is asking Albertans to fly home with dogs that have already been adopted or to adopt pups of their own. CONTRIBUTED

Dogs from the Puerto Vallarta SPCA love Canada's chillier temperatures and are looking to find their forever homes in Alberta.

"The dogs love it when they get here," said Stephanie Dubinsky, a volunteer with the SPCA in the Mexican resort town.

"They're safe up here. It's clean. There's no garbage. We have four seasons. They love the snow."

Recently there has been a "huge desire" for Mexican dogs in Edmonton and Calgary, something Dubinsky attributes to the number of Albertans who visit Puerto Vallarta and the abuse many Mexican animals suffer.

"You literally walk out your door in Mexico and you'll see a stray dog," she said.

Shawna Randolph, spokeswoman for the Edmonton Humane Society, said while Albertans should do their homework before adopting an animal from Mexico, the society understands the emotions of people who want to help Mexican dogs.

"There are so many homeless animals and we always say that it's essential to make sure you're helping wherever you can," she said.

ANNALISE KLINGBEIL/ FOR METRO IN EDMONTON

Puppy love

- The SPCA in Puerto Vallarta is in need of Albertans to adopt dogs as well as to travel from Mexico to Canada with animals that have already been adopted by others.
- "We don't have enough travellers to get them out of Mexico," the SPCA's Stephanie Dubinsky said.
- The Puerto Vallarta SPCA places animals in homes in Alberta and B.C. because they have several volunteers in Canada's west.

Tuckey Grove to be part of Sue Higgins Park

Compromise. Popular southwest park and off-leash area to bear names of longtime politician and community members who helped create it

ROBSON FLETCHER
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Southland Park will be renamed after a prolific former alderman, and a section of the green space will be named after a couple described as integral to its existence, council has decided.

"This park is here specifically because of one person — a couple actually," Ald. Peter Demong said Monday. "Their names are Nora and Sid Tuckey, who worked tirelessly for years, if not decades, in the upkeep and creation of this beautiful park."

Demong asked council to name a grove of trees after the couple and to install a plaque and bench in their honour.

That came after council voted to rename the entire area Sue Higgins Park, after the outspoken and widely respected 21-year alderman — or "alderbroad" as she described herself.

Mayor Naheed Nenshi described Higgins as the "absolute epitome of what it means to be a public servant."

At the same time, the mayor said he does "get a little nervous when politicians congratulate themselves, as though we are the only ones that make a difference in a community."

Ald. Brian Pincott, who knew Nora Tuckey before she died, said, "You can't talk about Southland Park without Nora Tuckey's name coming up."

"She was passionate, she was caring, she was open and she believed in people and she believed in people's dogs and making sure that we understood how valuable this area was," Pincott said.

Quoted

"Her story is a remarkable one. At a time when the job was considered to be part-time, a single mother, three kids, working crazy hours for nothing but the love of her community."

Mayor Naheed Nenshi on former alderman Sue Higgins, who was first elected to council in 1977

A dog plays with a ball Monday in Southland Park, now to be renamed Sue Higgins Park, following a decision by Calgary city council. CANDICE WARD/FOR METRO

Saskatchewan on track to overtake Alberta's growth

A recent outlook report from the Conference Board of Canada says Saskatchewan is on pace to overtake Alberta as Canada's leader in economic growth. The Alberta and Saskatchewan governments, represented by their respective premiers Alison Redford and Brad Wall, say western growth is good for Canada. THE CANADIAN PRESS

Saskatchewan could be replacing Alberta as Canada's leader in economic growth.

A recent outlook report from the Conference Board of Canada says both provinces are faring better than others in Canada.

However, accelerated capital expenditures in Saskatchewan's potash industry have put the province "on track" to overtake Alberta in 2013 and 2014 as Canada's fastest-growing economy.

Saskatchewan Premier Brad Wall said he feels Saskatchewan is ready to take the spot of Canada's leading economy.

"It's very positive news," said Wall. "Most of the forecasters in the country have pegged us at one or two for the next couple of years and this is the latest one — we just released our growth plan and this is the kind of the growth that we need to sustain."

Alberta Finance Minister Doug Horner said he feels growth in the two provinces is a good thing.

"Right now, we're the economic drivers for a lot of the country," said Horner. "A lot of the jobs that are being created in Eastern Canada — as an example — are directly or indirectly related to the economic expansion of the West."

Alberta Premier Alison Redford also spoke of Canada's rise as an international energy power at the Halifax International Security Forum, saying Canada has a role to play in a potential shift of global power.

"We are energy-rich in an increasingly thirsty world," said Redford. "As producers, and not just consumers of energy here in North America, we can reassess the global balance of power and, I believe, tilt it in new and unexpected ways."

Rise of the West

- Saskatchewan Premier Brad Wall said the fact both provinces are doing well is positive for Canada.
- Wall identified the New West Partnership between Alberta, B.C. and Saskatchewan as playing an important role in the country's future growth.

MORGAN MODJESKI/METRO IN SASKATOON WITH FILES FROM THE CANADIAN PRESS

Calgary alderman's anti-smoking proposal watered down

Peer pressure led Ald. Andre Chabot to start smoking at age seven but he couldn't pressure his council colleagues Monday to fully support his anti-smoking idea.

Chabot wanted to have city staff draw up a bylaw that would restrict smoking in outdoor areas where children tend to congregate, including places like sports fields, skate parks and some open-air concerts.

"Children are very much influenced by the actions of people they see in authority," Chabot said, noting that he started smoking as an elementary school student because he thought it was "what the cool kids are doing."

And while he had the support of some colleagues on council, most weren't prepared to go quite as far as Chabot wanted, at least not yet.

Ald. Jim Stevenson, whose wife was a smoker and died of cancer, said he sympathizes with Chabot's motivations but doesn't think the bylaw is a good idea.

Andre Chabot METRO

"Unfortunately, we can't legislate against stupidity," he said.

Other aldermen thought the bylaw would be too difficult to enforce but Chabot argued that, even without widespread enforcement, it would go a long way toward encouraging "good behaviour."

In the end, aldermen agreed to have city staff study the matter further and come back to council in March 2013. ROBSON FLETCHER/METRO

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Hip-hop crew in 'dance battle' for Sandy relief

Legacy One will perform in New York City next month. CONTRIBUTED

Local motivational dance group Legacy One wants to bring a little hope to those affected by October's deadly Hurricane Sandy.

The eight-piece hip-hop dance and spoken-poetry team is heading to New York next month to help raise money for Hurricane Sandy relief by hosting a dance battle on Dec. 15. The team will also perform its one-hour original production, But I Still Dare to Dream.

"It fits so well with what's going on in New York," said Legacy One director Greg Denie. "It's about adversity in life and overcoming pain and struggle, and working toward the beauty of tomorrow."

The group had already booked tour dates in Toronto, Montreal and Quebec City when Hurricane Sandy struck the Eastern Seaboard. Denie contacted a member of N.Y.C.'s legendary Dynamic Rockers break-dance crew to see if he could help set up a show.

"He runs a dance battle called Rep Your Style and straight away he was like, 'Let's get a battle going,'" Denie said.

"These guys in New York already had the idea to do something (for Sandy relief) and we were sort of that last push to make it happen."

The group spends almost six months a year on the road performing at schools, First Nations organizations and community centres.

The troupe is holding a pre-tour fundraiser and street fair at the First Alliance Church Saturday at 6 p.m.

LISA WILTON/METRO

Mission

- The mission of the multicultural dance troupe is to inspire and empower young people to make positive life choices.
- The eight dancers, who hail from Alberta, Saskatchewan and Quebec, are heading to Europe in the spring to perform.

New technology to assist in search for missing children

CodeSearch. Program uses app, social media to connect partners with law enforcement

CANDICE WARD
calgary@metronews.ca

Thanks to a groundbreaking new program, there are now more eyes on the streets on the lookout for missing children.

The Missing Children Society of Canada (MCSC) launched CodeSearch on Monday, a program that combines technology with corporate partners to assist first responders in locating missing children.

"By providing law enforcement with effective tools and a connected network in the search for missing children, I know we can significantly change the landscape of missing children in our country," said Amanda Pick, executive director of the MCSC.

CodeSearch includes an app for smartphones, as well as social media. CodeSearch partners install the app on their phones and act as field agents in an area where a child has gone missing.

Through the use of the app and social-media tools, a wider audience will be reached when a child goes missing.

"The more eyes we have on the lookout, the greater the chances we can quickly locate a missing child and safely reunite them with their family," said Calgary Police Chief Rick Hanson.

Some corporate partners involved include WestJet, Apache, Tervita, Enmax and PSAC.

The stats

In 2011, 46,718 children were reported missing in Canada.

- MCSC receives two to three calls per day from families wanting to register a missing child.

Amanda Pick, executive director of the Missing Children Society of Canada, unveils a new national program on Monday that unites corporate Canada, non-profits and law enforcement in the search for missing children. CANDICE WARD/METRO

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Healthy schools. Event teaches kids how to take charge of their health

Creating and supporting healthy, active school communities begins with students.

That was the message conveyed at the Healthy Active School Symposium held at the First Alliance Church on Monday, where students, teachers and health practitioners took part in the annual event.

"Leadership is about harnessing your inner strength," said Chantelle Gill, student representative of Ever Active Schools, who partnered with Alberta Health Services and other organizations to put on the event.

Along with learning how to stay healthy at school by eating healthier and participating in physical activities, students at the symposium were taught ways to stay mentally and emotionally healthy as well.

Students take part in the Healthy Active School Symposium Monday. CANDICE WARD/METRO

"Don't feel like you are alone. Ask for help if you need it," said Gill.

Throughout the day, students learned different ways to engage each other in activities in school.

"It is really about the students, when they have a vested interested in the initiatives, they are more likely to support them," said Joyce Sunada, school co-ordinator with Ever Active Schools.

"The students leading and helping each other — then it is sustainable."

Although adults were taking part in the symposium, they were learning how to let go of the reins and allow the students to find their own ways to create healthy school environments. CANDICE WARD/METRO

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Ban on generic oxycodone rejected

Ottawa. The federal government will not delay, deny approval of cheaper painkillers

The federal government has rejected provincial pleas to delay or deny approval of the generic form of OxyContin, a highly addictive painkiller that has been widely abused in many small towns and remote First Nations reserves.

Instead, Health Minister Leona Aglukkaq says Ottawa will tighten licensing rules so that distributors of oxycodone have to keep better track of where the drug goes. They will now need to report spikes in sales and changes in distribution patterns, in addition to previous responsibilities to report losses and theft.

Quoted

"Banning a generic version of one drug would do little to solve the actual problem."

Health Minister Leona Aglukkaq
Pointing out there are "almost 100 authorized drugs" in the same class as OxyContin.

Aglukkaq is also telling the provinces to use their own power over doctors and pharmacists to crack down on wayward prescriptions.

"Banning all these drugs because they have the potential to be addictive would help dry up the drug supply for addicts, but would lead to pain and suffering for patients who desperately need them," Aglukkaq said in a letter to provincial and territorial health ministers.

THE CANADIAN PRESS

Prescription pills containing oxycodone and acetaminophen are shown in this June 2012 photo. GRAEME ROY/THE CANADIAN PRESS FILE

Declassified. FBI files show interest in Stalin's daughter after defection to U.S.

Newly declassified documents show the FBI kept close tabs on Soviet dictator Josef Stalin's only daughter after her high-profile defection to the United States in 1967, gathering details from informants about how her arrival was affecting international relations.

The documents were released Monday to The Associated Press under the Freedom of Information Act following Lana Peters' death last year at age 85 in a Wisconsin nursing home. Her defection during the Cold War embarrassed the ruling communists and made her a bestselling author. Her move was also a public relations coup for the U.S.

When she defected, Peters was known as Svetlana Alliluyeva, but she went by Lana Peters following her 1970 marriage to William Wesley Peters, an apprentice of Frank Lloyd Wright. Peters said her defection was partly motivated by the Soviet authorities' poor treatment of her late husband, Brijesh Singh, a prominent figure in the Indian Communist Party.

George Kennan, a key figure in the Cold War and a former U.S. ambassador to the Soviet Union and Yugoslavia, advised the FBI that he and Alliluyeva were concerned Soviet agents would try to contact her, a December 1967 memo reveals. The memo notes that no security arrangements were made for Peters, and no other documents in the file indicate that the KGB ever tracked her down.

One memo dated June 2, 1967, describes a conversation an unnamed FBI source had with Mikhail Trepykhalin, identified as the second secretary at the Soviet Embassy in Washington, D.C.

This undated file photo shows Soviet dictator Josef Stalin with his daughter Svetlana Alliluyeva. COURTESY OF ICARUS FILMS/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Petitions

Conservative MPs keep abortion debate alive

It's been two months since the House of Commons rejected a controversial abortion-related motion, but Conservative MPs are using a tried and true parliamentary tool to keep the issue alive.

Petitions on abortion have been filed at least 20 times by Conservative MPs (Lawrence MacAulay of the Liberals has also presented one) since the Commons voted down a controversial backbench motion to study the definition of a human being in the Criminal Code.

THE CANADIAN PRESS

Manitoba

Seven plane crash survivors in stable condition

Seven survivors of a fatal plane crash in northwestern Manitoba were in stable condition in various hospitals on Monday.

Health officials said the men, who work for Dumas Mine Contracting, were being treated for non-life-threatening injuries in local hospitals.

The pilot of the Cessna 208 aircraft was killed when the plane crashed Sunday just a few kilometres from the airstrip near the town of Snow Lake.

THE CANADIAN PRESS

Palestinians carry an injured man after an Israeli strike on a building in Gaza City on Monday. BERNAT ARMANGUE/THE ASSOCIATED PRESS

Israeli missile strikes add to Palestinian death toll

Gaza strife. Hamas and Israel presenting ceasefire conditions to Egypt as diplomats worldwide join in to help broker peace

Israeli aircraft struck crowded areas in the Gaza Strip and killed a senior militant with a missile strike on a media centre Monday, driving up the Palestinian death toll to at least 100, as Israel broadened its targets in the six-day-old offensive meant to quell Hamas rocket fire on Israel.

Escalating its bombing campaign over the weekend, Israel began attacking homes of activists in Hamas, the Islamic militant group that rules Gaza. These attacks have led to a sharp spike in civilian casualties, killing 24 civilians in just under two days and doubling the number of civilians killed in the conflict, a Gaza health official said.

The rising toll came as Egyptian-led efforts to mediate a cease-fire between Israel and Hamas got into gear.

While Israel and Hamas were far apart in their demands, both sides said they were open to a diplomatic solution — and prepared for further escalation if that failed.

The leader of Hamas took a tough stance, rejecting Israel's demands that the militant group stop its rocket fire. Instead, Khaled Mashaal said Israel must meet Hamas' demands for a lifting of the blockade of Gaza.

"We don't accept Israeli conditions because it is the aggressor," he told reporters in Egypt. "We want a ceasefire along with meeting our demands."

An Israeli official said Israel doesn't want a "quick fix" that will result in renewed fighting months down the road. Instead, they want "international guarantees" that Hamas will not rearm or use Egypt's neighbouring Sinai peninsula for militant activity. THE ASSOCIATED PRESS

Casualties

- **Palestinians.** Overall, the offensive that began Wednesday killed at least 100 Palestinians, including 53 civilians, and wounded some 840 people, including 225 children, a Gaza heath official said.
- **Israelis.** On the Israeli side, three civilians have died from Palestinian rocket fire, and dozens have been wounded.

Modern warfare

Israelis fending off hackers

A concerted effort of millions of attempts to cripple Israeli websites during the Gaza conflict has failed, Israel's finance minister said Monday, claiming that the only site that was successfully hacked was back up within minutes.

Israel regularly fights off hundreds of hacking attempts every day, but nothing on the scale of the recent attacks. Protesters have barraged Israel with more than 60 million hacking attempts. THE ASSOCIATED PRESS

Religious festival

At least 14 dead, several injured after Indian stampede

At least 14 people were killed, including at least six children, in a stampede Monday night during a religious festival in the eastern state of Bihar, police said.

The stampede occurred as hundreds of Hindu worshippers gathered along the bank of the Ganges River in Patna to offer prayers to the sun god during the Chhath festival, according to police Superintendent Jayant Kant.

A power outage sparked panic as crowds filled a walkway leading from the riverbank into the Ganges, and people trampled one another as they fought to get to shore. About 20 people were rushed to the hospital, and about six were in critical condition, he said.

Deadly stampedes are fairly common during India's often-chaotic religious festivals. THE ASSOCIATED PRESS

Abortion laws

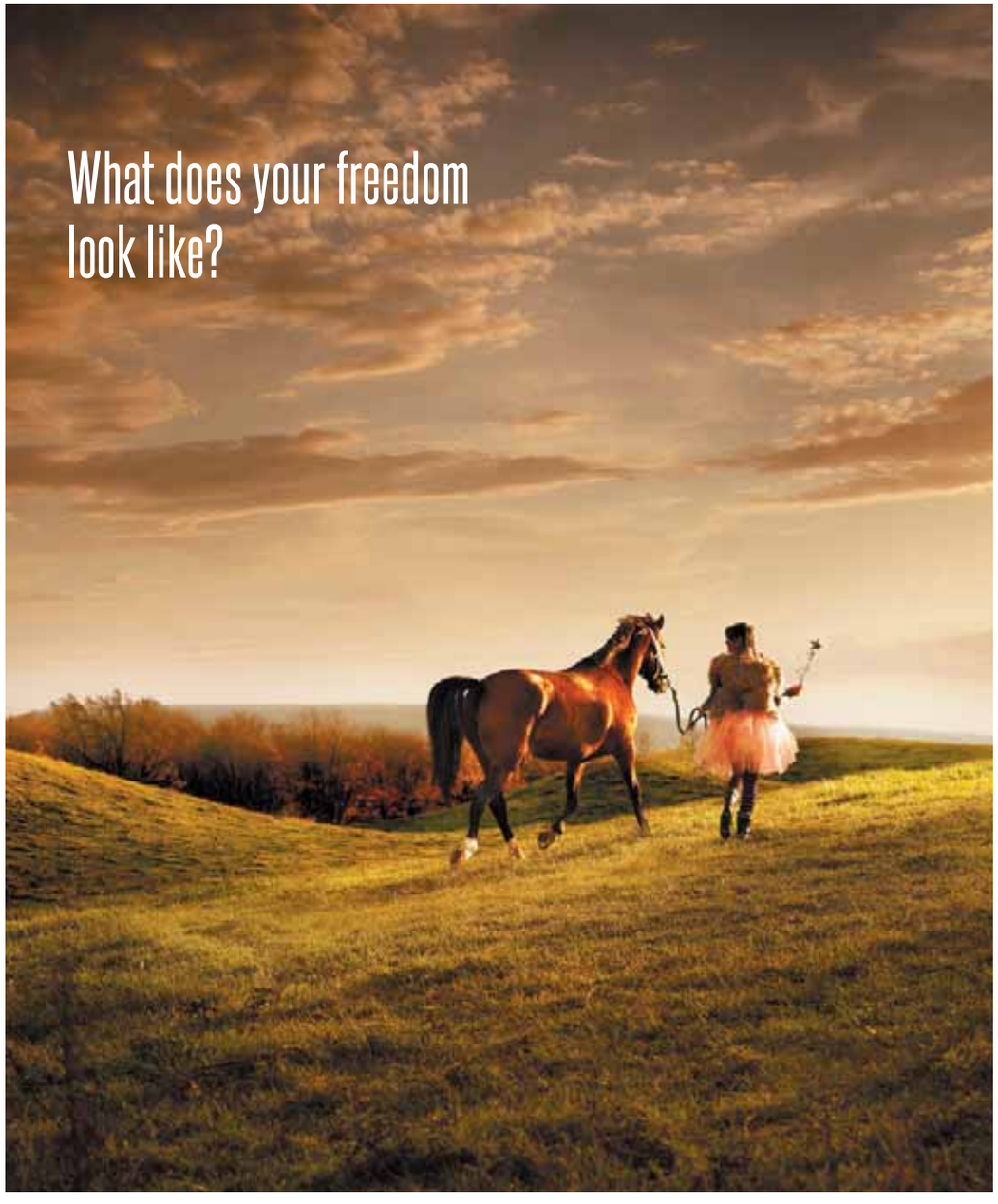
Irish form panel to investigate woman's death

Ireland formed an expert panel Monday to investigate why an Indian woman died in an Irish hospital — and whether her life might have been saved had she received an abortion.

The case of Savita Halappanavar has focused worldwide attention on Ireland's two-decade failure to define when abortions can be performed legally to save the life of a woman.

The 31-year-old dentist died Oct. 28. Her widow says they asked for an abortion for three days to ease her pain but were refused because the fetus still had a heartbeat.

A coroner found that Halappanavar died from internal infections and organ failure three days after the fetus itself died. Her parents have accused Irish authorities of letting their daughter die to preserve the ban on abortion. THE ASSOCIATED PRESS



Corruption inquiry. Reputed Quebec mobster fights to avoid testifying

Quebec's corruption inquiry has heard from police, construction bosses and bureaucrats. Pretty soon, that list could grow to include a suspected Mafia boss.

The lawyer for a reputed member of the Montreal Mafia is trying to get his client out of testifying before the inquiry.

Raynald Desjardins is currently awaiting trial for first-degree murder in the slaying of a former Bonanno crime boss.

Lawyer Marc Labelle says since his client is already awaiting trial, testifying before the inquiry could hinder his attempt to find an impartial jury.

Labelle notes that Desjardins' earlier failed attempt to have a subpoena quashed before the Quebec Superior Court received heavy media coverage and he says any testimony before the inquiry would get 10 times more attention. The lawyer asked for commission counsel to make sure it was absolutely necessary for Desjardins to testify, and, if so, that it be done behind closed doors under a publication ban.

A lawyer representing the inquiry says it's interested in Desjardins' involvement in a construction firm that specialized in decontamination.

Simon Tremblay, a commission counsel, called Desjardins' request premature and noted the date of his murder trial has not even been set.

France Charbonneau, who heads the commission, says she'll deliberate on the request. THE CANADIAN PRESS

Testimony

Testimony at Quebec's ongoing corruption inquiry suggests a complex system of bid-rigging and kickbacks that involves political parties, civil servants, construction bosses and the Mafia.

- Untold sums of public money have been squandered on projects that cost more than warranted. The mayors of Montreal and Laval have stepped down amid the turmoil.

Dangerous driving: Keep right at the pole

An electric pole stands in the middle of a road in Johnville, Que., on Monday. Allegations of corruption aren't the only plague upon Quebec's road construction network these days. Officials say they are dealing with the puzzling appearance of the utility pole — smack in the middle of a provincial highway east of Montreal. Locals say it's been there for two months. The roadway had been moved to avoid a dangerous curb, but the Hydro Quebec utility says it was only advised about the need to move its cables about three weeks ago. But by then, the roadwork was already done. A spokeswoman for the utility says a new pole is being installed and the electrical wires and telephone wires should be moved by the end of the week.

JOCELYN RIENDEAU/SHERBROOKE LA TRIBUNE/THE CANADIAN PRESS

Berlusconi

Six arrested over extortion plot

Italian police have arrested six people accused of trying to extort $45 million from ex-premier Silvio Berlusconi in exchange for documents they claimed could help him in a legal case.

Milan police said Monday that three of the six had held one of Berlusconi's closest advisers hostage for 11 hours in his home last month until he reached Berlusconi. THE ASSOCIATED PRESS

Petroglyphs

Ancient rock carvings stolen

Rock carvings that graced a sacred American Indian site in California's mountains for thousands of years have fallen prey to modern thieves armed with power saws.

At least four petroglyphs were hacked from lava cliffs. They are probably worth only about $500 to $1,500 on the illegal art market but are priceless to American Indians. THE ASSOCIATED PRESS

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Hollywood. Apology offered over blacklisting of writers, actors, directors

The son of The Hollywood Reporter founder Billy Wilkerson is apologizing for his father's and the trade paper's role in the 1947 Hollywood Blacklist that destroyed the careers of writers, actors and directors accused of having communist ties.

In an article published by The Hollywood Reporter on Monday, Willie Wilkerson calls the Blacklist era "Hollywood's Holocaust'" and says that on the eve of "this dark 65th anniversary, I feel an apology is necessary."

He says his father supported the Blacklist to exact revenge against the Hollywood titans he felt denied him entry to their club when he wanted to establish a movie studio in the late 1920s. THE ASSOCIATED PRESS

Online

For more news, go to metronews.ca

Charges

New York cop pleads not guilty in cannibal case

A New York City police officer has pleaded not guilty to charges he plotted to abduct and cook women so he could eat their body parts.

Gilberto Valle entered the plea Monday in federal court in Manhattan.

Authorities arrested the 28-year-old NYPD officer last month based on a tip from his estranged wife.

The FBI says it uncovered emails from Valle to an unidentified co-conspirator "discussing plans to kidnap, rape, torture, kill, cook and eat body parts of a number of women."

No women were actually harmed, and Valle's lawyer claims he was never a threat. She says the alleged plot was pure fantasy.

The jailed Valle is due back in court Tuesday for a bail hearing. THE ASSOCIATED PRESS

Hobbit producers let animals from film die, say wranglers

Up to 27 dead. Director's spokesman says two deaths were avoidable, some others were from natural causes

PETA protest

The animal-rights group People for the Ethical Treatment of Animals says it's planning protests at the premieres in New Zealand, the U.S. and the U.K.

Animal wranglers involved in the making of The Hobbit movie trilogy say the production company is responsible for the deaths of up to 27 animals, largely because they were kept at a farm filled with bluffs, sinkholes and other "death traps."

The American Humane Association, which is overseeing animal welfare on the films, says no animals were harmed during the actual filming. But it also says the wranglers' complaints highlight shortcomings in its oversight system, which monitors film sets but not the facilities where the animals are housed and trained.

A spokesman for trilogy director Peter Jackson on Monday acknowledged that horses, goats, chickens and one sheep died at the farm near Wellington where about 150 animals were housed for the movies, but he said some of the deaths were from natural causes.

The spokesman, Matt Dravitzki, agreed that the deaths of two horses were avoidable, and said the production company moved quickly to improve conditions after they died.

The Hobbit: An Unexpected Journey, the first movie in the planned $500-million trilogy, is scheduled to launch with a red-carpet premiere Nov. 28 in Wellington and will open at theatres in the U.S. and around the world in December.

The Associated Press spoke to four wranglers who said the farm near Wellington was unsuitable for horses because it was peppered with bluffs, sinkholes and broken-down fencing. They said they repeatedly raised concerns about the farm with their superiors and the production company, owned by Warner Bros., but it continued to be used. They say they want their story aired publicly now to prevent similar deaths in the future. THE ASSOCIATED PRESS

This film image released by Warner Bros. shows Ian McKellen as Gandalf in a scene from the fantasy adventure The Hobbit: An Unexpected Journey. THE ASSOCIATED PRESS

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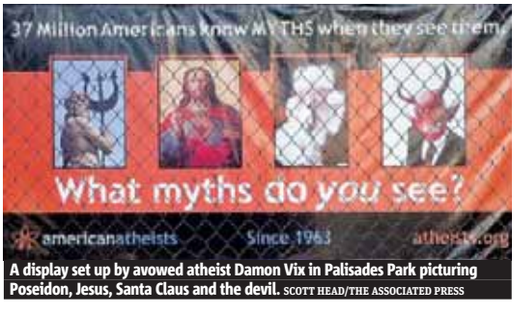
Denied: No Nativity scene, judge rules

'The atheists won.'
Santa Monica city decision to ban all displays upheld as Christian group sues over freedom of speech

In this photo from last year's Christmas season, a woman walks past traditional displays showing the Nativity in Santa Monica, Calif.
THE ASSOCIATED PRESS FILE



A display set up by avowed atheist Damon Vix in Palisades Park picturing Poseidon, Jesus, Santa Claus and the devil. SCOTT HEAD/THE ASSOCIATED PRESS

A federal judge on Monday denied a Christian group's bid for a preliminary injunction to force suburban Santa Monica to reopen spaces in a city park to private displays, including Christmas nativity scenes.

U.S. District Court Judge Audrey Collins formalized an earlier tentative ruling during a hearing.

William Becker, the attorney for the Christian group, said he will appeal.

"The atheists won and they will always win unless we get courts to understand how the game is played and this is a game that was played very successfully and they knew it," Becker said after the hearing.

Christmas nativity scenes had been erected in Palisades Park for decades. Last year, atheists overwhelmed the city's auction process for display sites, winning most of the slots and triggering a bitter dispute.

Santa Monica officials snuffed the city's holiday tradition this year rather than referee the religious rumble, prompting churches that have set up a 14-scene Christian diorama to sue over freedom of speech claims.

"It's a sad, sad commentary on the attitudes of the day that a nearly 60-year-old Christmas tradition is now having to hunt for a home, something like our saviour had to hunt for a place to be born because the world was not interested," Hunter Jameson, head of the non-profit Santa Monica Nativity Scene Committee, said in advance of the hearing.

The atheists were not parties to the legal case. Their role outside court highlights a tactical shift as atheists evolve into a vocal minority eager to get their non-beliefs into the public square as never before.
THE ASSOCIATED PRESS

Sounds like a holiday flick

"Our goal is to preserve the tradition in Santa Monica and to keep Christmas alive."
William Becker, attorney for the Christian group fighting to keep nativity scenes in Santa Monica, nicknamed the City of the Christmas Story.

Chimps may get midlife crises too, scientists say

Chimpanzees in a midlife crisis? It sounds like a setup for a joke.

But there it is, in the title of a report published Monday in a scientific journal: Evidence for a midlife crisis in great apes.

So what do these apes do? Buy Ferraris? Leave their mates for some cute young bonobos?

Uh, no.

"I believe no ape has ever purchased a sports car," said Andrew Oswald, an author of the study. But researchers report that captive chimps and orangutans do show the same low ebb in emotional well-being at midlife that some studies find in people.

That suggests the human tendency toward midlife discontent may have been passed on through evolution, rather than resulting just from the hassles of modern life, said Oswald, a professor of economics who presented his work Monday.

Yes, apes do have social lives, so "it could still be something human-like that we share with our social cousins," he said. "But our result does seem to push away the likelihood that it's dominantly something to do with human life."
THE ASSOCIATED PRESS

The happiness curve

Several studies have concluded that happiness in humans tends to follow a certain course between 20 and 70.

- It starts high, declines to reach a low point in the late 40s, then turns around and rises to another peak at 70. On a graph, that's a U-shaped pattern.

Camping for Black Friday bargains

Denise Smith-Lad, left, asks her grandson Jordan Smith, 6, what he would like to eat as they camp in front of a Best Buy store in Cockrell Hill, Texas, on Monday. Smith and her family have come early to line up all week for the shopping deals available on Black Friday, the day after U.S. Thanksgiving. LM OTERO/THE ASSOCIATED PRESS

GOOD NEWS TODAY

Do you feel overwhelmed by life? Trust God. There is a rest and peace that comes from trusting God.

(The Lord is my shepherd, and lets me rest in green meadows; He leads me beside peaceful streams. Psalm 23:2)

GOODNEWSTODAY.CA

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In the November 16, 2012, paper, the incorrect advertisement for Rent-A-Centre was printed. We apologize for any inconvenience and confusion this may have caused.

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Hostess bankruptcy

Twinkies haven't struck out just yet

Twinkies will live to see another day. Hostess Brands Inc. and its second-largest union agreed on Monday to try to resolve their differences after a bankruptcy court judge noted that the parties hadn't gone through the critical step of private mediation.

That means the maker of the spongy cake with the mysterious cream filling won't go out of business yet.

The news comes after the Texas-based maker of Ho Ho's, Ding Dongs and Wonder Bread last week moved to liquidate and sell off its assets in bankruptcy court. Hostess cited a crippling strike started on Nov. 9 by the Bakery, Confectionery, Tobacco Workers and Grain Millers International Union.

Meanwhile, Canadian snack cake maker Saputo Inc. hopes that U.S. fans of Twinkies, Ding Dongs and Ho Ho's will get their fix by switching to Jos. Louis and May West. Saputo Inc. has been making a sales push for its Vachon snack cakes into the Eastern United States for the past year. THE ASSOCIATED PRESS

Market Minute

DOLLAR 100.34¢ (+0.44¢)

TSX 12,040.40 (+162.68)

OIL $89.28 US (+$2.36)

GOLD $1,734.40 US (+$19.70)

Natural gas: $3.73 US (-7¢)
Dow Jones: 12,795.96 (+207.65)

BCE files new proposal to buy Astral Media

Telecom. After its last pitch was rejected, firm tries to address viewing shares 'from the CRTC's perspective'

BCE president and CEO George Cope is shown in this file photo. The company has put together a new proposal to buy Astral Media, after the CRTC turned down its last pitch. THE CANADIAN PRESS FILE

BCE Inc. expects that its new proposal to buy Astral Media will address the federal regulator's concern about the telecom giant dominating the television market.

Bell's chief regulatory officer Mirko Bibic wouldn't comment Monday on the possible sale of any radio or TV assets owned by Montreal's Astral to make the deal work. But Bibic said the new $3.38-billion proposal to buy Astral will address the CRTC's concern about market dominance.

"The proposal that we filed today will address the issue of viewing shares from the CRTC's perspective," Bibic said. "It's putting a package together that addresses the mechanical, numerical threshold the way the CRTC calculates it."

The CRTC killed the deal last month, saying it wasn't in the best interests of Canadians and would have resulted in an unprecedented level of concentration in the Canadian marketplace. The CRTC said if the multibillion-dollar deal had gone ahead, Bell would have controlled almost 45 per cent of the English TV viewership and almost 35 per cent of the French-language market. THE CANADIAN PRESS

Mortgage rules hit new buyers too hard, brokers tell Ottawa

Canada's mortgage brokers say recent changes to federal rules have taken too big a bite out of an already cooling housing market and they suggest policymakers should address the needs of their industry.

The Canadian Association of Accredited Mortgage Professionals says a survey of 2,000 consumers in October, conducted on CAAMP's behalf, suggests that first-time buyers have been hard hit by the tighter mortgage rules.

"We worry that this is having a dampening effect on what was an already cooling market and we hope policy-makers will give some thought to addressing the needs of this key sector of the market," association president and CEO Jim Murphy said in a statement.

CAAMP chief economist Will Dunning said the smaller number of first-time buyers has already affected the resale market.

"The housing-resale numbers behave like a canary in the mine for us," Dunning said. "My concern is that a policy-induced housing market downturn creates unnecessary risk that directly affects not just housing, but job creation and the economy as a whole."

Finance Minister Jim Flaherty has said the new rules were intended to deal with overpriced real-estate in certain cities and certain types of housing. He has said the tighter mortgage rules reduce the risk of buyers taking on too much debt. THE CANADIAN PRESS

Impact of mortgage rules

- The semi-annual report from the Canadian Association of Accredited Mortgage Professionals found that about 17 per cent of high-ratio mortgages funded in 2010 cannot be funded today, including 11 per cent of prospective high-ratio homebuyers who can't qualify under the new 25-year amortization rule.

Two-week hearing

As it seeks licence renewals, CBC wants flexibility

The CBC is asking the federal broadcast regulator for more flexibility as it grapples with the new digital universe.

The strict regulatory shackles of the past don't work in today's fast-moving environment, CBC president Hubert Lacroix told a Canadian Radio-television and Telecommunications Commission hearing Monday. For instance, young people are shunning television sets for computers, a shift that has prompted the CBC to move its children's programming online.

The broadcaster is seeking five-year licence renewals for its various television and radio services. THE CANADIAN PRESS

VIGILANTISM AND JERK-SHAMING ON THE WEB

SHE SAYS...
Jessica Napier
metronews.ca

One of the best things about the Internet is also one of the worst: anonymity. Sadly, much of the web has become a place for inconspicuous individuals to hurl racist/homophobic/misogynistic statements into the ether without any regard for what the consequences might be once they step away from the keyboard.

But as younger generations care less and less about privacy, the barriers between real-life identities and our online selves are eroding and it's becoming harder to hide behind the veil of assumed anonymity. As a result, waves of new digital vigilantes are working to expose online trolls and make them accountable for their vitriol-spewing.

What not to say online

Internet users have re-appropriated the word faggot as a casual insult and use it with thoughtless abandon.

Earlier this month, a Canadian man created a You Hate Faggots Tumblr page in response to the proliferation of homophobic language on the web. "The hatred is rampant and in most cases the people don't even know what they're doing or saying is wrong," he says. "Faggot as a pejorative has become about as common as 'your mama' jokes." Internet users have re-appropriated the word faggot as a casual insult and use it with thoughtless abandon.

The creator behind You Hate Faggots publishes ignorant tweeters' names and photos alongside his own snarky commentary to highlight the decontextualization of the word. "By using parody to illustrate the wrongness in using the term incorrectly, I want to show that there is a relationship between faggot and gay, whether the user understands it or not," he says.

South of the border, the writers at Jezebel took web justice into their own hands by broadcasting a list of teenage Twitter users' contact information and hometowns alongside their racist rants regarding the presidential election. Taking the crusade one step further, the blog then outed the opinionated high school students to their principals and administrators.

Some criticized Jezebel's actions as a form of cyber-bullying (these were minors after all) while others praised the blog for making young people understand that online bigotry, however offhanded it might be, can have tangible repercussions.

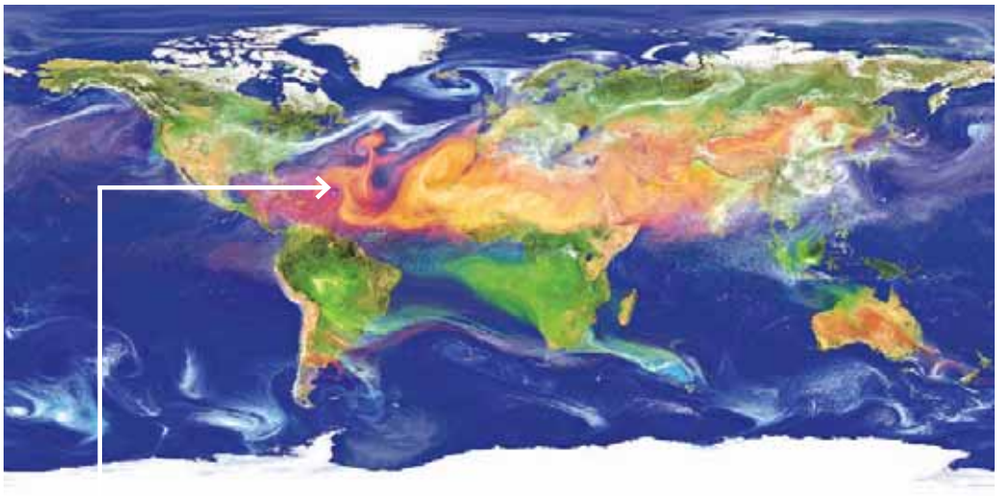
For the creator of You Hate Faggots, naming and shaming prejudiced Internet users isn't about ruining lives, but exposing the issues. "The intentions are not to troll," he says, "the objective has always been to create awareness."

Call it what you will — the naive indiscretions of youth or deep-seated intolerance — but if you are old enough to own a cellphone and arrogant enough to share hateful opinions from an account boasting your real identity, I'm not going to feel too sorry for you if it comes back to haunt you when you start applying for colleges or begin looking for a job.

Follow Jessica Napier on Twitter @MetroSheSays

Sites such as You Hate Faggots and Jezebel publicly shame homophobes and racists. METRO

Something is in the air



WILLIAM PUTMAN/NASA/GODDARD

Earth photography

Earth's swirling gases revealed

This astonishing image from a NASA supercomputer highlights the presence of aerosols in the Earth's atmosphere.

The Goddard Earth Observing System Model version 5 (GEOS-5) can show worldwide weather at up to 3.5-kilometre resolution (pictured: 10-kilometre) as part of climate-science research.

The image processing takes place in Greenbelt, Md., at the NASA Center for Climate Simulation at Goddard Space Flight Center.

METRO

Element guide

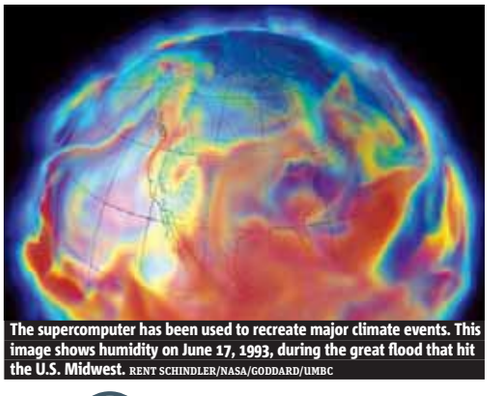
The aerosol patterns by colour:

- **Red.** Dust that has risen from the Earth's surface.
- **Blue.** Sea-salt swirls seen inside cyclones.
- **Green.** Smoke rising from fires.
- **White.** Sulphate particles from volcanoes and fossil-fuel emissions.
- **Website:** For the latest on NASA's many endeavours, visit nasa.gov.

How an image is created

Facts on the supercomputer that generated the image:

- **Supercomputer's superpower.** The Discover supercomputer is located at NASA's Center for Climate Simulation. It totals nearly 15,000 processors with a peak performance of nearly 160 trillion operations per second. That's 900 times the speed of the standard Intel Core processor in your PC.
- **Time-scale projections.** Discover-hosted simulations span time scales from days to seasons and years to decades and centuries.
- **Weather year predicted.** NASA scientists hope the imaging techniques will allow them to project weather and climatological forecasts well into the future — as far as the year 2100.

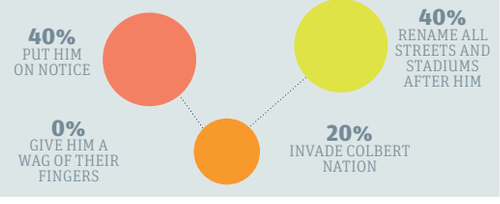


The supercomputer has been used to recreate major climate events. This image shows humidity on June 17, 1993, during the great flood that hit the U.S. Midwest. RENT SCHINDLER/NASA/GODDARD/UMBC

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How should Windsor, Ont., (and Winnipeg) respond to Stephen Colbert's "Earth's rectum" remarks?



Twitter

@kashhbabs: Whole transit bus getting an inspirational lecture on respecting elderly and good karma, what a good guy! #yyctransit

@inowhatyoudid: I heard @PremierRedford expensed her Fredrick's of Hollywood lingerie. *shudder* #yeg #yyc #ablib #pcaa #abpoli #AHS

@cbrard: A woman in my office has her shirt on inside out. Now half way through the day and she hasn't noticed or been told yet. #mondays #yyc

@stevealdred: #CSI has finally landed in #yyc - 8 hours to investigate a sgl car accident while closing down every major rd in the SE.

@kasmcrae: The happy whistler on this LRT needs to stop. #tooearly #yyctransit

metro

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DVD review

The Expendables 2

Director. Simon West

Stars. Sylvester Stallone, Liam Hemsworth, Randy Couture

Stallone's Expendables have all reached the age where they're as likely to reach for the Botox as for the testosterone supplements, and they're not trying very hard to hide it. Especially since the success of their first film proved the enduring popularity of action heroes in their 50s and 60s, all the more so when you cram so much muscle into a single movie. The pumped-up pack has a couple of noteworthy additions (Jean-Claude Van Damme and Chuck Norris) and subtractions (Mickey Rourke and Steve Austin), plus enlarged cameos (Arnold Schwarzenegger and Bruce Willis) and returning mainstays (Stallone, Jason Statham, Dolph Lundgren, Jet Li, Terry Crews and Randy Couture). There's also the obligatory tough girl, the code-breaking and neck-snapping hottie Maggie (Yu Nan). The plot can be summed up in Barney's answer to his slicing sidekick Lee Christmas (Statham), when he's asked, "What's the plan?" Barney snarls: "Track 'em. Find 'em. Kill 'em." At no point does anybody take any of this seriously, even when the inevitable showdown occurs between Stallone and Van Damme.

PETER HOWELL

Suraj Sharma had never acted before his role in Life of Pi. The film opens Wednesday. HANDOUT

Life of why: Actor sets sights on philosophy

From student to star. Ang Lee isn't just a director, he's a guru. Pi lead Suraj Sharma talks about how Lee changed his life

HEIDI PATALANO
Metro World News in New York

Suraj Sharma is pretty much your average student. He's polite, well-spoken and majoring in philosophy this year. He also just starred in the new epic 3D film by Ang Lee and counts the venerated director as a close friend and teacher. Sharma had never acted before he took on the title role in Life of Pi — he was selected out of thousands of non-professional actors auditioning for the part. Playing a young man adrift at sea, Sharma lost weight, gained weight, befriended a tiger named Richard Parker and learned to fish.

Along the way, he tells us, the film changed him into the man he is today.

What path were you on before this movie happened and where do you see things going now?
Before the movie I didn't really know what to do. I was in school and I was, I would say, lost … Luckily enough (director Ang Lee) picked me up, and took me to Taiwan. Over there, I changed as a person. I realized more about myself, more about everything. Working with Ang changes you, I guess. Before Pi I was really a bad student. I didn't do very well in school at all, ever, and I came back and I changed in a million ways. … I did surprisingly well in school. I didn't even know how. Suddenly I was getting like 94 per cent and stuff like that and ... now in college I'm doing philosophy, so things really changed.

Did the movie inspire you to choose philosophy?
Oh yeah. I think Ang and Pi got to me. Lying on that board and talking to Ang, you kind of start thinking on those lines, you start thinking about things, because Pi himself is this kid who asks questions like, 'What is life?' He is into philosophy of his own kind and Ang himself has a really complex philosophy, which comes through when you talk to him. ... Eventually I want to be a filmmaker, so I guess philosophy will help me in that way.

Some actors in your position might say, "Forget school and do acting full-time."
I don't know about the acting. I don't know whether I want to act professionally much. It's daunting. It's scary and it's different. I want to be a filmmaker. I want to tell stories. … I love acting now and the life (of an actor) is hard and it's different. I don't know if I'm equipped for it, but I'd like being on set. I think that's the most inspiring part of movies — just being on set. The intensity with which everybody works, 300 people just working, working, working for something maybe even three seconds long. (There are) different skills, different ideas, different backgrounds, everything just comes together and you make something and you make someone's imagination come to life.

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Young Toronto actor gets animated in latest film

Rise of the Guardians. At only 13, Dakota Goyo already boasts an impressive filmography — but this young star wants to do even more

STEVE GOW
scene@metronews.ca

Rise of the Guardians opens on Wednesday. HANDOUT

It's hard to believe that Dakota Goyo is only 13 years old. After all, not only is the Toronto actor a rising star; he's long figured out something that's far from most other teenager's minds — his career.

"When I was about three I decided this is what I want to do and I want to continue doing it for the rest of my life," said Goyo. "Except directing would be nice."

The kid is off to a great start. With such Hollywood blockbusters as Thor and Real Steal (with Hugh Jackman) under his belt, Goyo has now lent his voice talent to Rise of the Guardians (in theatres Nov. 21), an animated thriller featuring a superhero squad of legendary icons including Santa Claus, the Easter Bunny and the Tooth Fairy.

"Its overwhelming to (hear yourself in an animated film)," said Goyo — who plays the last child to believe in the Guardians. "It's my first real voice-work movie at least and it's very overwhelming to (hear) myself and see the emotion that you see in the character. .. it's not you but your voice is coming out of it."

Guardians also marks Goyo's second film with Jackman (who voices a rambunctious Easter Bunny that might be more into Vegemite than carrots).

"He's so perfect because he adds an Australian accent which makes it so ordinary," laughed Goyo. "You don't see an Easter Bunny with an Australian accent and that's why he's called 'kangaroo' (in one key scene). He's one of the funniest (characters) in the movie."

While Goyo is now excited to get back to a busy career in front of the camera, he confesses working in a recording studio on Guardians did have its benefits.

"You can just walk in, do your voice and walk out," said Goyo.

"I don't like to sit in one spot for a long time."

Goyo's heroes

In his young career, Goyo has starred alongside such thespians as Hugh Jackman, Samuel L. Jackson and Susan Sarandon but whom does he aspire to work with?

- **Will Smith.** "He brings so much emotion to the screen," said Goyo. "You feel the same emotion that he feels. I think he's a great actor."

Dakota Goyo has known for most of his short life he's wanted to be an actor. TORSTAR ARCHIVES

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Stewart signs on for second Snow White, sans Sanders

Kristen Stewart has reportedly signed on to star in the sequel to Snow White and the Huntsman — though the second film in the franchise won't be directed by Rupert Sanders, with whom Stewart infamously had an affair this summer, according to Radar Online. "The script has already been written and production will begin late next year," a source close to the production says. "However, Rupert Sanders definitely won't be a part of the project. Rupert didn't want to be a part of it to begin with because he is desperately still trying to save his marriage. The search is on for a new director."

Kristen Stewart

ALL PHOTOS GETTY IMAGES

Bieber addresses 'haters' with mom at side

Justin Bieber may be newly single, but that didn't mean he had to attend the American Music Awards solo. Instead, the 18-year-old Canadian pop star showed up with his mom, 38-year-old Pattie Mallette. While he made no mention of his split from Selena Gomez, Bieber did address his critics after winning his first award of the night, for favourite pop/rock male artist. "I want to say this is for all the haters who thought I was just here for one of two years," Bieber said from the stage. "I feel like I'm going to be here for a very long time."

The Word

Rihanna reveals nothing, journo streaker reveals all

Rihanna's 777 tour — in which she's travelling to seven cities in seven days, with a plane full of fans and journalists — reached London Monday morning, the second to last stop. But there was no sign of the superstar on the plane from Berlin. "Just one quote," chanted desperate reporters, begging Rihanna to appear.

Then things got a little Lord of the Flies. Australian Tim Dormer, a radio presenter at Nova in Sydney, decided if he wasn't going to get a story, he'd become one: After 3 a.m., he suddenly burst from the toilet — completely naked. With his long curls bouncing, he made a quick tour of economy class wearing nothing but his birthday suit. The audience cheered.

Since Rihanna wasn't around to talk to anyone, we asked the streaker:

What were you thinking?
I was bored. It was three in the morning and we were on a plane and we've been on a plane for the past five days. I thought it would be fun. And it wasn't an easy task either; I had to dive over people.

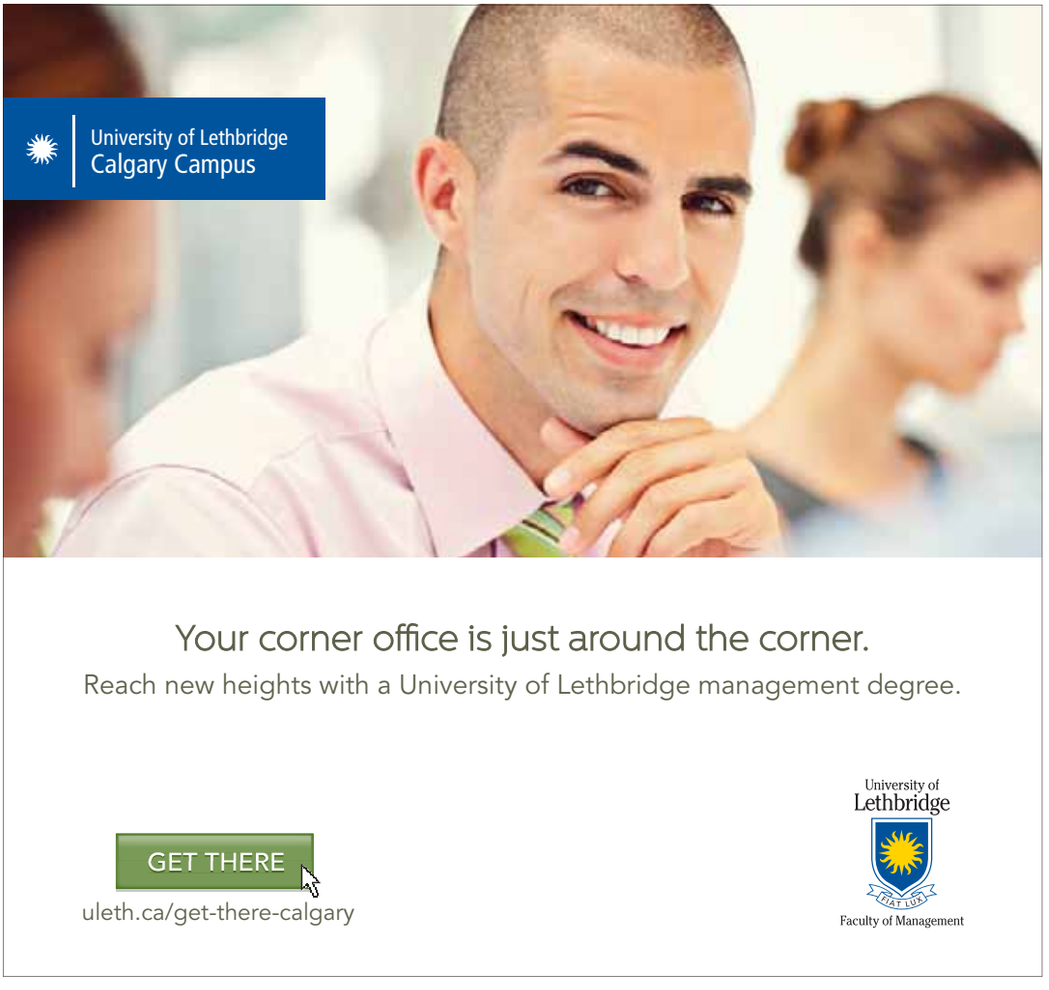
Did you plan the whole thing?
No, I was just in the bathroom and thought it would be a fun thing.

How many will see this on YouTube, do you think?
Five maybe? My mom, my dad, my gran, my boss and hopefully Rihanna.

Did you run all the way up to her?
No, I didn't get that far.

How do you find the trip so far?
I'm having the time of my life. I saw her the first day and I see her on stage every night.

TO SEE A VIDEO OF THE STREAKER, VISIT METRONEWS.CA/SCENE



Kate Middleton and Prince William

Is a royal bundle of joy on the way?

A close friend of Prince William and Kate Middleton insists the royal couple is set to announce something big next month, prompting speculation that a baby is on the way. "They're planning to make an announcement in December," Jessica Hay, a former schoolmate of Middleton's and a guest at their wedding, tells New Idea magazine, adding that the Duchess of Cambridge has gained a bit of weight recently and that "William and Kate are focused on starting a family." How focused, exactly? They've apparently already discussed the number of children they want to have — two — and that they'd prefer a son and then a daughter. "It seems very traditional but of course they'll be happy with two boys or two girls. They don't want more," Hay says. "They've discussed it endlessly and don't want to be older parents."

Katie Holmes

One Katie in the kitchen spoils the broth

As an actress and a newly single mom, Katie Holmes has a number of talents, but apparently cooking isn't one of them. "Me in the kitchen is a comedy, but it's heartbreaking for me going through it," she tells Vogue. "But for others, they probably think it's really funny, because all the pans are out and I get frustrated, and suddenly it's burning." We'll assume someone else is handling the holiday meals for Holmes this year.

LIFE 3

Jamie Oliver's 15-minute meals

Healthy eating. Forget the microwave and take-out, the celebrity chef talks about how to make a fantastic meal in record time

ROMINA McGUINNESS
wellness@metronews.ca

Celebrity chef Jamie Oliver has released a new book to help you in the kitchen. HANDOUT

Yours in just 15 minutes. HANDOUT

You keep reducing the time of your recipe books. Why?
People are so time poor. But I promise I won't be doing time again.

But why 15 minutes? Why not 10?
If you want a proper meal fast, 15 minutes is the minimum you can do. It's the hardest book I've ever written because I wanted it to be an everyday cookbook that was healthy, nutritious and fast.

Some of the recipes are a bit fancy. I can't picture students cooking griddled tuna. Who is the book aimed at?
Everyone. From a culinary point of view, the world is a much smaller place. People are much more travelled and more read than they were 15 years ago and the stuff available in supermarkets is more robust. And they still want it fast.

Microwave meals are a pretty quick solution too...
Microwave food has became synonymous with shit food. But there's also a lot of high quality stuff. It's just never going to be amazing.

I tried one of your recipes the other night. The ricotta fritters. I'm a disaster in the kitchen. It ended up looking like a cheese omelette. But it tasted good.
You ended up with an omelette when you were supposed to do fritters. What the hell did you do?

I tried to flip them over... and made a mess.
The fritters take about one minute to make and six minutes to cook. I don't know what went wrong … do what the recipes says and it will work. I wish I could have seen it. I'd put money on the fact you used the wrong sized pan and put them too close together.

What are the biggest mistakes people make in the kitchen?
You don't need 100 knives, just three of the right ones — a chopper, paring and a bread knife. The book isn't trying to be your best friend. It's like, "You want tasty fast food? Here's the f–king rules. Do what you're told."

After a long and exhausting day at work, do you sometimes think, "F--k this, I'm going to McDonald's."
I don't normally get caught out. Although I'm famous for hating junk food, I'm not anti any kind of food. I've got nothing against a hot dog, a burger or a pizza. It's more about real food. I do the most amazing free-range pig hot dogs with slaw, home made ketchup and buns that's bloody delicious. But if ever you're in London and want a kebab, there's a place called Kebab Kid on New Kings Road that's delicious.

Would you ever eat at McDonald's?
I haven't eaten a McDonald's in 10 years.
What did you eat?
A Big Mac.

If I offered you a Big Mac right now, would you eat it?
I would. McDonald's are probably the best big fast food operator in Britain. They've done a lot of good work on their beef, their 100 per cent organic milk and free-range eggs. You can't just beat people up all the time and not pat them on the back for the good stuff they've done.

You have one minute to make a meal; what do you do?
Grab a bit of bread and some lovely ham or cheese.

Five minutes?
Some fettuccine. Use boiling water and it cooks in three minutes. Then add a few simple ingredients to that.

But your next book won't be about time.
Time is a small element of many different emotions to cooking. You can do five minutes work and something can cook for four hours.

So what's next?
100 per cent vegetarian — making massive heroes out of the things that we don't eat enough of. The craft of making vegetables utterly delicious is one that's just not known about enough. At least 65 per cent of my recipes are meat-free, the index is covered in V's, but the feedback I get from vegetarians is, "Yeah, cool, but we'd like our own book please." I've ignored it for years.

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Man up and talk about it

Movember. Medical expert tells Metro why it's important men get up close and personal with their testicles to avoid cancer

RICHARD PECKETT
Metro World News

We're all in this together so talk about the issues affecting men. MOVEMBER

Balls, bollocks, nads, testicles... we spend enough time using them as a figure of fun (in both senses), yet we chaps are reluctant to talk about our reproductive organs in any serious capacity, especially when there's a problem.

Talking about it makes men feel emasculated, a pubic hair's width away from confessing to being a Eunuch, even.

Well, that mentality is slowly changing, thanks to education, advertising and, of course, the annual Movember moustache grow-off, which raises awareness globally of both testicular and prostate cancer.

Dr. Sneh Khemka (BUPA medical director), fondly known as Dr. Movember, is getting men to talk bollocks.

Here he explains the symptoms, treatments and myths relating to dealing with men's cancer.

Who's at risk?
"It mostly affects men between 20 to 30, but can (affect) those up to age 45. It's very rare for men over 50. Caucasian males are more likely to suffer, but other factors include family history, fertility issues and people who have had a complication related to mumps called orchitis."

The symptoms?
"Often, it's asymptomatic, but you may experience the following: A collection of fluid in your scrotum that causes swelling (a lump), anal discomfort (this can spread to the groin or lower abdomen) and you may get a pulling sensation like you've been kicked."

What you need to know

Here are some of the things you need to know about this disease.

- **Common misconceptions.** People believe that they will have problems when urinating or having sex. It's one of the few cancers that affects younger men. If you have one testicle, you can have children — you're just as able as men with two balls.
- **People believe it's incurable.** You get it from cycling or motorcycling, especially since Lance Armstrong had it. There's no evidence for this.
- **If it goes untreated.** It'll spread around the body, especially to the bones, local organs and liver. It's a fairly aggressive appearance."

The treatment?
"The most common treatment is surgical removal of the affected testicle. About 20 per cent of (UK) men who have surgery will opt for a prosthetic testicle for cosmetic appearance."

Will the cancer spread or return?
"If the cancer has spread, you may require adjunctive radiotherapy or chemotherapy depending on whether it has affected the lymph glands. However, generally, when the affected testicle has been removed, it is unlikely to return in the other testicle."

Are there any options aside from surgery?
"It's very rare to catch it early enough to avoid surgery. If the cancer is just being treated with chemotherapy or radiotherapy, then it does have a higher rate of return, which is why they usually just remove the testicle."

Getting the skinny on Quebec

CELIA MILNE
wellness@metronews.ca

Don't fear the dessert. ISTOCK PHOTOS

Desserts aren't the enemy. Deprivation is.

A new survey of eating patterns has found an interesting paradox: Even though Quebec is the thinnest province, Quebecers eat dessert more often than other Canadians. They make a point of enjoying their food.

"I think this speaks to the importance of eating regularly, and avoiding skipping meals," says Joel Gregoire, a food service industry analyst at the NPD Group, which conducted the study.

Eating dessert with dinner is most common in French Canada, occurring after 112 meals annually per person, versus 89 in Atlantic Canada, 57 in Ontario and 55 on the west coast. Yet in Quebec, 56 per cent of adults are overweight or obese, compared to a much higher 71 per cent in Newfoundland and Labrador and 68 per cent in Saskatchewan. Alberta, B.C., Nova Scotia and Ontario score in the middle (61 per cent, 60 per cent, 60 per cent and 59 per cent respectively).

Quoted

"Quebec consumers also tell us that when they make lunch and supper they are more likely to prepare their meals from scratch when compared with other regions."

Joel Gregoire
A food service industry analyst

To maintain a proper weight, Dietitians of Canada recommends following Canada's Food Guide and limiting foods that are high in calories, fat, sugar and salt.

"Maintaining one's weight is not necessarily a function of deprivation, but rather of eating well and consistently," says Gregoire.

"Quebec consumers also tell us that when they make lunch and supper, they are more likely to prepare their meals from scratch when compared with other regions."

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• Increasing the flow of pranic energies within the body
• Spiritual growth
To learn more about the Superbrain Yoga technique and its application, please visit us at www.bodhiwellbeing.com or contact us at 403-452-1469

Use your imagination to personalize Pita Chips

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Store-bought pita chips are deep fried, which increases their calories and fat content.

The spices in this recipe add flavour instead of oil. Feel free to substitute spices of your choice. Try a variety of different coloured and flavoured tortillas. The whole wheat version has more fibre and nutrients.

1. Preheat the oven to 350 F.

Ingredients

Perp time: 5 minutes
Bake time: 12 minutes

- 3 large flour tortillas
- 3 tbsp finely grated Parmesan cheese
- pinch of salt and pepper
- pinch of paprika
- pinch of garlic powder
- pinch of onion powder

Nutritional analysis

Per serving (about 6 chips)

- **191 calories; 6.5 g protein; 28 g carbohydrates; 2.5 g fibre; 5.6 g total fat; 1.9 g saturated fat; 4 mg cholesterol; 419 mg sodium**

Line a large baking sheet (or 2 medium baking sheets) with foil.

2. Slice each tortilla into 8 wedges. Arrange the wedges on the baking sheet, not overlapping. Lightly coat with cooking spray.

3. Combine the Parmesan, salt, pepper, paprika and garlic and onion powders in a small bowl. Sprinkle the seasoning evenly over the tortillas and bake for 12 minutes, or just until lightly browned.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Immunity food

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Did someone just sneeze on you? Quick! Wash your hands and grab one of these immune foods. Nothing boosts your immune system like a healthy diet that avoids excess sugar, alcohol, bad fats and depleted white wheat, so start there first. Beyond that, there are nutrients that your body uses as tools to be sure it can fight off whatever comes flying at you this cold and flu season.

1. Probiotics

There is growing evidence that probiotics contribute to immunity in a variety of ways. Try new IOGO brand Probio Yogurt for a lactose-free version that is very tasty

2. Catechins

Green tea boasts one of the best anti-bacterial properties under study. Shoot for a couple cups daily.

3. Vitamin D

Canadians won't get strong enough sunshine from now to about April. There's a good dose in caviar; try the Greek dip called taramasalata that uses fish roe to make a yummy dip for your (whole grain) pita.

4. Vitamin E

A potent antioxidant that is best taken from food. Sunflower and pumpkin seeds are good sources.

5. Vitamin C

Still your best go to source for overall immunity. Get as much as you can from fresh fruits, kiwi is particularly high.

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

The tastiness of candy apples in chip form

1. Heat the oven to 250 F. Line 2 baking sheets with parchment paper.

2. Using a mandoline, food processor or very sharp knife, cut the apple into very thin slices, about 1/8 inch thick. There are several ways to do this. If you have an apple corer, you can simply cut out the core, then lay the apple on its side and slice starting at one side and working your way to the other. If you don't have a corer, stand the apple upright, then begin on one side and cut slices until you reach the core. Rotate the apple and repeat until all 4 sides have been sliced.

3. Arrange the apple slices on the prepared baking sheet, being careful not to overlap. Sprinkle the apples with cinnamon, then bake for 45 minutes, or until dried and slightly crisp. Slide the parchment and apples off the baking sheet and onto a cooling rack. Let cool completely.

4. Once the apples have cooled, in a medium saucepan over medium heat, combine the caramels and water. Heat, stirring constantly, until melted and smooth. Dunk a fork into the caramel, then use it to drizzle the caramel over the apple chips. Set aside to let the caramel set.

5. When caramel has set, place white chocolate bits and shortening in microwave-safe bowl. Microwave on high in 15-second bursts, stirring between, until melted and smooth. Using a clean fork, repeat the drizzling similar to the caramel. Set aside to let the white chocolate set.

6. Once the white chocolate has set, melt the dark chocolate candy melts in a clean bowl using the same method as the white chocolate. Once melted, dunk a clean fork in the melted chocolate and drizzle over the apple chips. Let cool until the chocolate is set.

THE ASSOCIATED PRESS

Ingredients

- 1 large apple
- 1 tsp cinnamon
- Half of a 14-oz package caramel candies, unwrapped
- 1 tbsp water
- 1/2 cup white chocolate bits
- 1 tsp shortening
- 1/2 cup dark chocolate candy melts

This recipe serves eight. MATTHEW MEAD/ THE ASSOCAITED PRESS

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Rest in peace

Farewell to the admirable Mrs. Letitia Baldrige

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Today I would like to pay homage to the late Letitia Baldrige, a dear lady who I've admired for many years. I've read most of her books and have even had the honour of interviewing her.

Mrs. Baldrige, known as the doyenne of American etiquette, passed away on Oct. 29. She was most known for her time working in the White House during the Kennedy administration as Jacqueline Kennedy's social secretary.

One of my favourite quotes from Mrs. Baldrige, known as Tish to her family and friends, involves her philosophy on life.

"There are major CEO's who do not know how to hold a knife and fork properly, but I don't worry about that as much as the lack of kindness," she said. "There are two generations of people who have not learned how important it is to take time to say, 'I'm sorry' and, 'Please' and, 'Thank you' and how people must relate to one another."

I'm very sad that we have lost this wonderful person, who believed in so many good things — the most important of them being that she believed in people.

You see, for those of you who follow both my column and philosophy of etiquette, I believe it's all about how we interact with each other that matters. The best thing about etiquette is that it puts us all at ease to know what is expected of others so that we always put our best foot forward.

God bless you, Tish. You are missed already and I will put myself in front of a roaring fire tonight and enjoy one of your books with a glass of wine in your memory.

Mrs. Baldrige sits to the right of then U.S. first lady Laura Bush. GETTY IMAGE

How to avoid an office dating disaster

Delicate matter. Try to foresee the fallout and do the relevant research prior to announcing any new work relationship

JULIA WEST
Metro World News in Philadelphia

Make sure he or she is worth it and try to have some foresight before you launch into that office romance. ISTOCK

Though the latest news scandal involves high-ranking officials, keep in mind that the broad strokes of the Gen. Petraeus affair are not unlike typical office flings. Even if your transgressions won't make headlines, romance at work can be a dicey move if not properly handled. Learn to manage this delicate situation — because even if you can't resist taking your chances with the cutie in accounting, you can minimize the fallout. Before announcing your new beau, research your company's policy on the matter. "Don't date anyone at work if your employment contract forbids it. Your job will clearly be on the line with such a violation," says author Wendy Walsh, a contributor to Datingadvice.com.

If you do move forward, think about what the end of the relationship might be like. Nancy A. Shenker, co-author of Don't Hook Up With the Dude in the Next Cube, says, "Think about what will happen after a breakup. It's hard enough seeing an ex on Facebook — how will it feel to see him or her in person every day?"

If you're an employer who notices an office affair, know how to approach it. "Have a policy," suggests Todd Ewan, a partner at Fisher & Phillips law firm, which represents management in workplace disputes.

"The employer will need to determine what it is willing to tolerate and not willing to tolerate. As a base point, most employers do not want to let a relationship exist between two employees if one of the employees has direct managerial responsibility for the other."

Quoted

"Don't date anyone at work if your employment contract forbids it."

Author Wendy Walsh.

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Employers probably still want you to be clean and reasonably well-groomed.
ISTOCK IMAGES

Branding yourself: What do employers really want?

Alison on Money.
What are companies looking for when they're searching out the best and brightest young workers?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week, I read a fascinating article about big corporations such as Telus and SNC Lavalin moving all or part of their head offices to downtown Toronto in order to attract the best and the brightest to their company.

However, it is considerably more expensive than locating in the suburbs.

So what is the reason for this trend? The answer is all about demographic culture.

Youth today is different than it was a generation or two ago, just as employment is different.

Many of our parents worked at the same job their entire lives. This isn't likely to be very common in the future.

Increasingly, under-40 employees don't want to spend their lives commuting and they desire a vibrant, downtown lifestyle. They're also the first generation since Henry Ford that isn't wedded to the automobile.

These changes got me thinking about what companies are looking for when they're searching out the best and brightest, because it has a big impact on how younger workers should present and educate themselves over the course of their careers.

Here's a peek at the corporate wish list.

1. Traditional virtues still hold
Your style may be to look like a tattooed, studded wolverine, but employers still want you to be a clean and reasonably well-groomed tattooed, studded wolverine.

Also promptness, politeness, the ability to converse and demonstrate a modicum of organizational skills are still important qualities.

2. Technology
You don't need to be a computer expert unless you intend to run the IT department, but you do need to be competent enough to make connections between the newest technology and your company.

3. Networking
Companies increasingly value the networks that employees bring with them.

Networks add tangible value by giving the company access to resources, people and ideas.

4. Language
By 2031 Statistics Canada projects that over a quarter of Canadians will be foreign born with visible minorities comprising 63 per cent in Toronto, 59 in Vancouver and 31 per cent in Montreal.

Knowledge of other languages and cultures is highly desirable.

Knowing what companies want and educating yourself accordingly raises the odds of being considered among the best and the brightest in the coming downtown corporate culture.

In numbers

47%

The number of second generation Canadians who will belong to a visible minority by 2031.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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How to save thousands on your 2012 taxes

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Early in November, H&R Block released the results of a survey that revealed that less than one-third of Canadians plan to take actions toward reducing their 2012 taxes by year-end.

You can save thousands of dollars on your 2012 taxes by planning ahead. Boost your tax savings with these tips.

Contribute to your RRSP by March 1, 2013 and receive a powerful tax credit.
You can contribute up to 18 per cent of your income, to a maximum of $22,970. Besides the tax credit, when your funds are invested wisely, you can benefit from appreciation, dividends, interest and distributions.

Give
Make a charitable donation before Dec. 31.

A donation over $200 in 2012 is worth a 29 per cent federal credit instead of a 15 per cent credit for donations under $200.

You can also donate publicly-listed securities to registered charities or private foundations without being subject to capital gain taxes and still receive a tax receipt for your donation. Pay medical expenses by Dec. 31 to maximize your 2012 medical expense claim.

Review your stock portfolio
Review your portfolio before year-end to determine if you can find a tax advantage in taking a loss or cashing in a gain.

Dec. 23 is the deadline for making a trade if you want it recorded on your 2012 tax return.

Plan a wise move
If you're going to move to a new province, check the provincial tax rates before deciding the moving day.

You are subject to provincial tax in the province where you reside on Dec. 31. So if there is a substantial difference in the tax rates, you may want to either speed up or defer the move.

Make Registered Education Savings Plan (RESP) contributions before Dec. 31
Parents can take advantage of the Canada Education Savings Grant by contributing to a child's RESP. The lifetime RESP contribution limit is $50,000, with no annual contribution limit. The maximum annual RESP contribution that qualifies for the CESG is $2,500, providing a grant of $500 annually.

Taxable income
If you've received a lump sum pay from an employer, cashed in an RRSP, sold an investment property, or collected employment insurance, there are tax implications. Prepare a calculation of your taxable income. There may be strategies to reduce your tax bill by Dec. 31.

Get organized
Grab a file folder to keep your receipts for all tax-related expenses.

Always consult a tax professional when reviewing your taxes to ensure you're benefiting from all tax saving opportunities.

Follow Lesley on Twitter @LesleyScorgie

FOCUSING ON FINALS

FORMULATE A PLAN WHEN PREPARING FOR YOUR EXAMS

WAVEBREAK MEDIA/THINKSTOCK

Final exams can sneak up on post-secondary students, so experts suggest taking the red leaves of fall as a red flag that it's time to hit the books.

Naomi Deren, manager of the Student Success Centre at the University of Regina, says if you are short on time cutting classes is a bad way to grab a few more hours. You are more likely to fall further behind in your effort to get ahead.

"Keep on top of your reading and class notes," she advises.

Visit your student centre for help improving your skills at studying, managing your time and writing exams. Deren urges students to create a study plan. That involves looking at your exam schedule, figuring out what work needs to be done and setting out a concrete calendar of when you will do each bit of work.

Deren says it's also a good time to look back to mid-terms. If you struggled with something then, now is the time to fix it. "Exams will be here before you know it," she says.

Most colleges and universities open winter registration at this time of year and the sooner you register, the better your chances of getting your dream schedule.

Deren says you can use the winter break to set academic goals such as when you want to graduate, what marks you want to get, and what you want to do post-graduation.

"Then it's easier to do planning and manage time," she explains.

Ben Harrison, a fourth-year journalism student at the University of King's College in Halifax, says the main problem he has encountered in the run-up to finals is content overload.

"From September to December, there is so much that you learn that it's really difficult to retain all of the material," he says.

He solves that problem by forming study groups. Using flash cards, the students quiz each other and improve their ability by sorting the information as needed. "Studying in a group was a big thing because when we weren't sure about something, we had somebody there that we could talk with," he says.

Harrison also talks to his professors regularly to ensure he knows what areas are especially important for exam preparation.

He uses the winter break to assess his performance. "It's good to shake the bad habits you may have picked up in the first half and refocus and re-energize for the second half of the year," he says.

– Jon Tattrie

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MAKING A LASTING IMPRESSION

MOUNT ROYAL IS DEDICATED TO ITS STUDENTS

MOUNT ROYAL UNIVERSITY PHOTO

Taylor McLeod chose Mount Royal University for two reasons: The strong reputation of Mount Royal's business program, and the excellence of Mount Royal's athletics program.

"I wanted to pursue a business degree at a university where I could also play hockey at a high level, and Mount Royal was the perfect fit," says McLeod, who is working towards his bachelor of business administration with a major in general management.

But it's the people at Mount Royal that have made the most lasting impression on McLeod.

"I love going to Mount Royal because I feel I am a student, not just a student number," he says. "It's not uncommon to walk through the hallways here and have a teacher from years past still greet you by name."

He is definitely not the only student with that experience. When the Globe and Mail released its 2013 Canadian University Report in October, Mount Royal earned a solid A in the category of student/faculty interaction in a medium-sized university.

The Globe's report reflects the opinions of current undergraduate students, and Mount Royal students also gave the university an A+ in the class size category, an A- in the most satisfied students category, an A in recreation and athletics, and an A in quality of teaching and learning.

Mount Royal has been dedicated to the success and satisfaction of students for more than a century. Today it welcomes more than 12,000 full-time undergraduate students every year — students who are working towards one of more than 60 degree, applied degree, diploma or certificate programs in a wide range of subjects.

McLeod says the professors and coaches at Mount Royal are passionate about what they do. He also appreciates Mount Royal's emphasis on experiential learning, including co-op placements and internships.

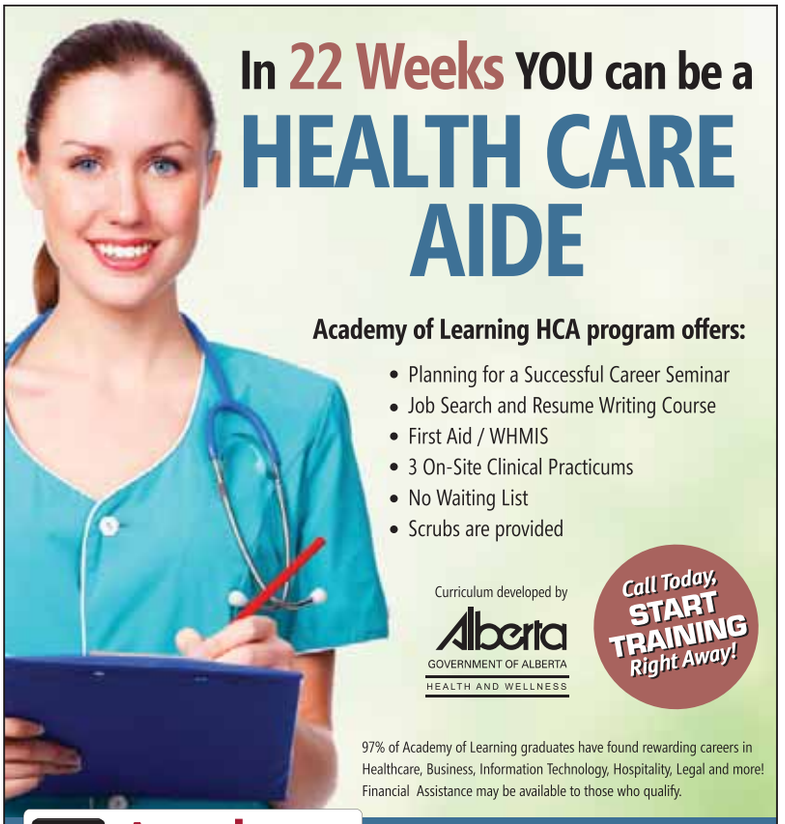
"Nothing educates quite like real-life work experience," he says, adding that the BBA program gives students "an incredible base of knowledge to apply to any future endeavour.

"I enjoy the BBA program because it offers the core business expertise needed, but also allows me to explore my interest in entrepreneurial studies that I will apply to my own company."

At Mount Royal, students will experience a high-quality education enhanced by smaller class sizes, personalized learning and a single-minded dedication to premier undergraduate learning.

They offer baccalaureate degrees in programs ranging from business to nursing and sciences.

Learn more about what the university has to offer at mtroyal.ca



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SAIT PHOTO

TRAVEL A NEW PATH WITH SAIT

A curiosity to learn more about running a business is what led Jason Wellman down a new road to a successful career in marketing.

Wellman, who is an account manager for Corus Entertainment, originally enrolled in the business administration diploma at SAIT Polytechnic to learn how to make his already successful professional window cleaning business even more successful.

What he did not expect to find in the program was a new love for marketing.

"I owned my own business and it was going really well, but I wanted to know more," Wellma says.

"What I learned in this program planted the seed for my new career."

Wellman graduated from the program in December 2006 and had enrolled in the January intake of the program.

"The January intake just fit better into my timeline," Wellman says.

"It gave me the opportunity to work a little more and save more money before I went back to school."

He says this program opened the door to a career he is passionate about and is thankful to his instructors at SAIT.

"The way you learn at SAIT is real-world focused and it gave me a lot of skills I still use every day," Wellman says.

Like Wellman, graduates of the business administration diploma can go on to work in a variety of different industries.

SAIT offers the business administration diploma as a two-year, full-time program, with four majors available.

Majors include accounting, financial services, management, and marketing.

In 2011, the graduate employment rate was 88 per cent, and more than 50 per cent of the grads went on to pursue further education through the number of degree transfer options.

Seats are still available for the January 2013 and the September 2013 intakes for the business administration diploma.

For more information about this program, visit sait.ca/business.

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CAREER TRAINING THAT WORKS

ACADEMY OF LEARNING PHOTO

By listening to the needs of the students, Academy of Learning offers students training in careers they desire.

With its finger on the pulse of the labour market, Academy of Learning develops its programs with labour trends in mind.

Through the use of thorough labour market research, the school recently added the legal administrative assistant and hotel and tourism management programs after seeing a demand from both employers and perspective students.

Training students with the purpose of them being able to find employment in their chosen field is what Academy of Learning strives towards.

Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year.

It also offers career training in the main areas of health care, office administration, accounting, IT and web design.

With its Integrated Learning System, students have the freedom to customize their schedules to fit their lives.

"Twenty-five years ago, Academy of Learning developed a learning methodology which is still setting the pace for the future. Increasingly more and more educators are embracing the approaching of individualized asynchronous learning," says Charles Jarvis, general manager, Academy of Learning.

"We believe everyone learns at their own pace and also we believe everyone has talents and abilities."

No need to wait until September to enrol, applications are always being accepted for Academy of Learning, with programs beginning each week.

For more about Academy of Learning, visit academyoflearning.ab.ca.

MRU HELPS TACKLE FINANCES

November is Financial Literacy Month so there is no time like now to gain the knowledge and confidence to start making responsible financial decisions.

Make tackling your finances a little less daunting with a course in personal finance and investing at Mount Royal University through the Faculty of Continuing Education.

"The certified financial planner program is an excellent certification for financial professionals and individuals looking for an in-depth understanding of building a personal financial plan," says Ryan Ardron, certified financial planner and instructor at MRU.

"The course provides an in-depth look at a variety of investment options and provides knowledge on how to best integrate resources to complete a strong investment strategy within an overall financial plan."

Ardron started out as a student in the CFP program and has now gone on to establish a great financial services career.

"I use all of these fields of knowledge when completing comprehensive and exhaustive financial planning for my corporate and personal clientele," Ardron says.

Along with other instructors in the finance courses at MRU, Ardron brings his practical knowledge of the financial field back to the classroom.

MOUNT ROYAL UNIVERSITY PHOTO

"I find that MRU is outstanding at providing an exceptional learning environment backed by talented and truly caring staff," Ardron says.

"Their commitment to students is undeniably impressive."

Don't fight the family finances alone, sign up for a personal finance and investing course at MRU with your significant other and receive a discounted couples fee.

To learn more about the personal finance and investing courses at MRU, visit conted.mtroyal.ca/financial.

ATHABASCA E-LAB SIMPLIFIES LEARNING

ISTOCKPHOTO/THINKSTOCK

Forget about financial barriers getting in your way of your educational dreams, Athabasca University's new, free e-lab now makes it easier to learn, create, connect, share and research.

Open to AU students, faculty, staff, alumni, partners of AU and the general public, this revolutionary learning tool changes the way education is delivered.

"The e-lab at AU is unique in Canada," says Dr. Evelyn Ellerman, founder of AU's communication studies program and visionary for the e-lab.

"No other university facility has this breadth in terms of a single site that offers access to online learning tools and resources, skills development, social media and research."

The e-lab serves all the practical functions that physical university labs have served in the past, but it also anticipates the future by providing an online environment that encourages new forms of learning and professional growth.

"The e-lab takes a comprehensive approach to what it means to study and research online," says Ellerman.

"It's been designed to develop and enhance the university's capacity as an online institution."

Ellerman hopes this lab will change the relationship between students and education and address the Internet age.

The elements of the e-lab include:

E-portfolios; virtual tool cupboard; social media on the landing; self-guided workshops; research projects; exhibitions; Canadian Film Online, funded by the Canadian Heritage.

Although the e-lab was originally created to support AU's students and faculty, the open access policy makes most of its content and services available to the wider digitally community.

For more, visit elab.athabascau.ca.

BRUSH UP ON HEALTHY ACTIVITIES

RON CHAPPLE STUDIOS/THINKSTOCK

Battle the bulge this holiday season before it hits your waistline.

Just because you get a break from work or school this holiday season doesn't mean you should be taking a break from all other healthy activities.

"The holidays are particularly hard to keep up with healthy habits because the routine of our day-to-day life becomes thrown out of order," says Taylor Purdy, BSc human kinetics, personal Trainer.

"There is no 9-to-5 job or school to keep our days intact, so we lose the aspect of structure in our days to plan and cook meals, visit the gym or have personal time."

To keep in healthy working order over the holidays, Purdy has a few simple suggestions.

"Find a routine," Purdy says.

"Structure your days out on paper or in your planner or calendar and make sure to plan time for the kids to exercise instead of them playing video games of watching TV all day."

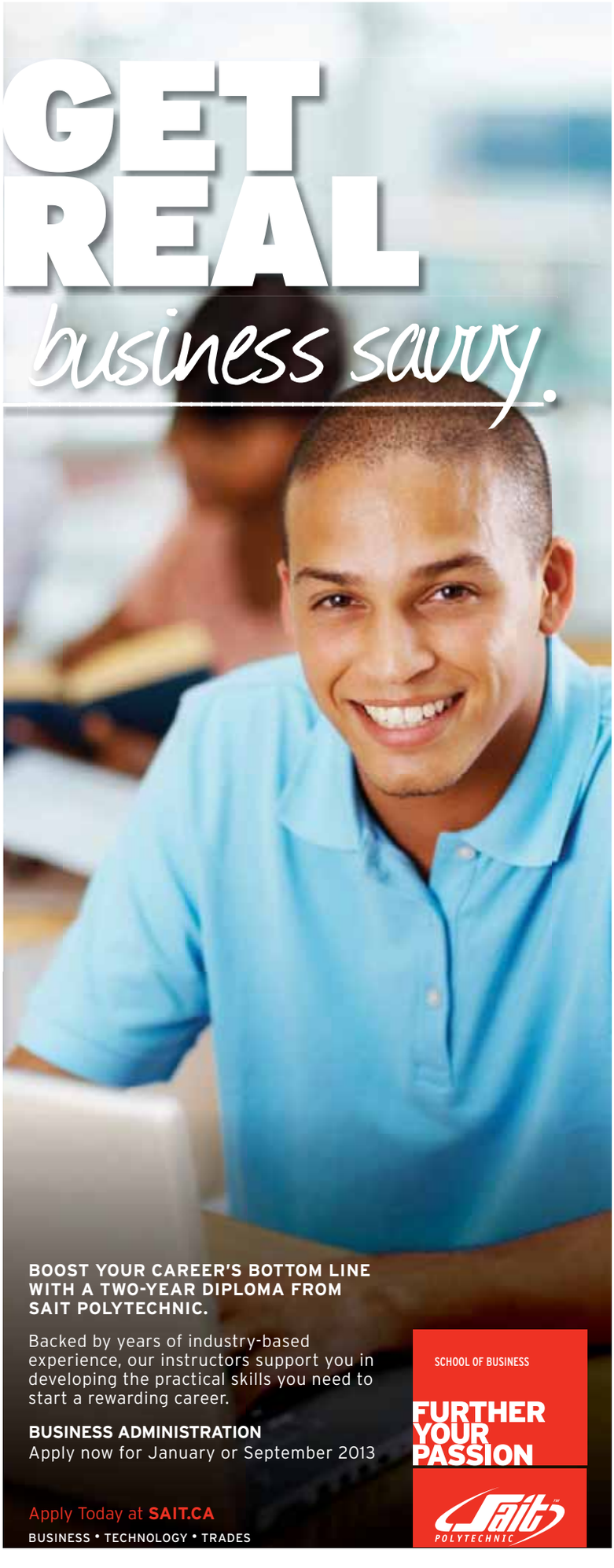
And make sure to take some time to get some exercise for yourself.

"It doesn't hurt to be a bit selfish in this area," Purdy says.

If you are unable to make it to the gym, Purdy suggests a few household chores to keep those pesky holiday pounds away.

"Shovelling the driveway, vacuuming or cleaning the house, building a snow fort and going skating can be suitable replacements for a resistance or cardio training regime," Purdy says.

– Candice Ward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Columbia College's business management department offers two accelerated-delivery programs to help you get out of school and into the business world faster.

"Columbia's students receive essentially the same number of hours' instruction in a 12-month period (accelerated-delivery method) as students in more traditional educational institutions cover in an 18- to 24-month period," says Ben Ontuca, department chair, business management for Columbia College.

Students can choose from a 25-week business management certificate and then go on to a business management diploma that requires an additional 25 weeks of study to complete.

It isn't all textbooks and lectures at Columbia, as the experienced staff delivers the course in a case method.

"Columbia's facilitators employ the case method and other active learning methodologies to enable students to 'learn by doing' rather than lecturing," Ontuca says.

Columbia's faculty combines academic qualifications with real-world experience. Many of the faculty members have a PhD, master of business administration, and/or professional designation, plus many years of industry experience in managing an entire business enterprise or a major subdivision or section of it.

For more information about the business management program at Columbia College, visit columbia.ab.ca.

COLUMBIA COLLEGE PHOTO

ISTOCKPHOTO/THINKSTOCK

DETAILS MATTER WITH EVENT PLANNING

Putting together the pieces of an elaborate event is something that Niesa Silzer is passionate about.

As vice-president of Details Convention and Event Management, a successful event planning business run with her mother, Silzer has more than 17 years of expertise in what makes some of the biggest productions or events tick.

"It takes a lot of time to present the best possible event," Silzer says.

"Even for an event that might only be a weekend long, someone has been working to plan it for an entire year."

Silzer spent more than eight years working on touring Broadway shows as a stage manager, but now she assists in putting on some of the biggest education and business conferences in Calgary.

Silzer brings this wealth of knowledge to students of the event production course at Mount Royal University.

"Real-world experience and learning from someone who is in the trenches is the key thing," Silzer says.

"What you learn from them, you can't learn from a textbook."

This program is a part of the event management extension certificate in the Faculty of Continuing Education.

Upon completion of this certificate, students can go on to positions with event management administration, on-site set up crew, event supplier companies, theatre and lighting companies, vendors such as florists, makeup artists, and photographers are also valuable event partners to the event management portfolio.

For more information about the event management certificate, visit conted.mtroyal.ca/eventmanagement.

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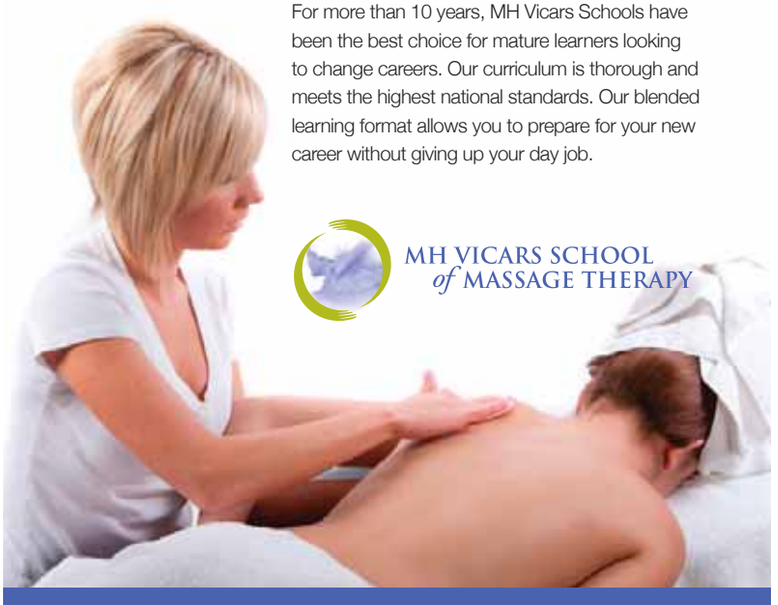

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Students travel from all over Western Canada to study at the school's Edmonton and Calgary locations.

MH VICARS PHOTO

In addition to the comprehensive clinical training, students get on-the-job experience and business instruction, they are taught how to take care of their clients, and how to take care of themselves.

"We want our students to be successful business people as well as great therapists," Collum says.

Graduates can go on to work in places like health centres, spas, sports medicine clinics, and many of them own their own businesses.

Apply now for the January 2013 intake and be a registered massage therapist (RMT) by June 2014.

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Students easily gain access to job prospects upon graduation because of the valuable practicum training they complete

ISTOCKPHOTO/THINKSTOCK

at well-known health-care facilities including nursing homes as well as private homes in Calgary.

Aside from the health-care aide program, ABM also offers other courses, such as medical office assistant, business administration, massage therapy, accounting and payroll administration, and business administration.

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The Calgary Stampeders' Nik Lewis, left, and quarterback Kevin Glenn celebrate after defeating the B.C. Lions in the Western final on Sunday in Vancouver. Calgary will play Toronto in the 100th Grey Cup championship on Sunday. DARRYL DYCK/THE CANADIAN PRESS

Stampeders aim to start game galloping

Grey Cup. Calgary wants a fast start against a Toronto team it has not beaten at the Rogers Centre since August 2009

A fast start helped propel the Stampeders to the Grey Cup game, and Calgary will hope to duplicate that feat in Sunday's championship.

Led by quarterback Kevin Glenn, the Stamps are looking to employ the same strategy against the Toronto Argonauts that helped them to a 35-29 victory over the B.C. Lions in the CFL West Division final.

"With Toronto and it being their home, they're going to have a lot of fans," Glenn said on Monday as the Stamps met with the media in Calgary for the final time before heading to Toronto on Tuesday. "It's big when you go into somebody else's house in order to come out with a fast start."

That's exactly what happened on Sunday when Glenn tossed a 68-yard touchdown pass to Marquay McDaniel just 59 seconds into the game.

"That momentum with the fast start helped propel us throughout the whole game," said Glenn, who completed 15 of 25 passes for 303 yards and three touchdowns.

"Kevin and Marquay and really the whole offence did an excellent job of picking up the blitz," said Calgary head coach and general manager John Hufnagel. "Obviously there was a mistake on the other side of the football and we were able to take advantage of it."

Hufnagel would like to see his team strike early again against the Argos on Sunday, while adding that building on any momentum is equally important.

"It's always nice to get off to a fast start, but I don't think it's the most important thing," he said. "It's making sure that what's important is being able to finish the game. Getting off to that type of start doesn't hurt your chances."

Glenn said he's looking forward to the challenge of taking on the Argos in front of a capacity crowd.

"I think it's going to be an evenly matched game," Glenn said. "They're a great team out there. They've got a good pressure defence and their offence is putting up points. We're just going to have to come out and take the same approach that we did last week and that's being aggressive and let it all out — let it all loose and win the game." THE CANADIAN PRESS

Due for a win?

- The Stamps lost both games they played against the Argos in the regular season — 39-36 in Toronto on July 7 and 22-14 in Calgary on Aug. 14.
- Despite that fact, Marquay McDaniel has confidence that the Stamps can prevail on Sunday.

Tears for Toronto. PM cried when Argos lost 1971 Cup

Prime Minister Stephen Harper
THE CANADIAN PRESS

The Toronto Argonauts' stunning loss to the Calgary Stampeders in the 1971 Grey Cup prompted tears in front of the television from the boy who would eventually become Prime Minister Stephen Harper.

But he says he'll be siding with the westerners when the two teams meet again in Toronto on Sunday.

Harper was a 12-year-old growing up in Toronto when the two teams first clashed for the cup in Vancouver, with the Argonauts looking for their first Grey Cup in almost 20 years. The Argos were on the Calgary 11-yard line with less than three minutes left to play when star running back Leon McQuay slipped on the rain-slicked turf and fumbled. Calgary recovered, couldn't make a first down and punted, but the Toronto receiver accidentally kicked the ball out of bounds, turning it over to the Stampeders to run out the clock.

The 14-11 Stampeder victory left a young Harper crying.

"I think that was the only time that I cried in front of the TV at a sports event," Harper said Monday as he answered questions at a Canada-U.S. business forum. THE CANADIAN PRESS

Quoted

"We had been waiting for 20 years. I was growing up in Toronto. Obviously the Argonauts were my team." Prime Minister Stephen Harper

Lockout

NHL asks union for complete offer

The NHL is looking to see everything put in writing.

With frustration building and the lockout dragging, the league met with the NHL Players' Association on Monday night and requested that the union put all of its desires for the next collective bargaining agreement together into one complete offer.

"It's our position that we've made a couple comprehensive proposals in a row," said deputy commissioner Bill Daly. "We'd like to know where they are on all of the issues. We asked that they put together a comprehensive proposal for us to consider."

Donald Fehr, the NHLPA's executive director, said he would take the league's request into consideration and make contact again on Tuesday morning. He think "it's more likely than not" the sides will then meet for a second straight day.

However, it remains to be seen whether the union is ready to table a full proposal. THE CANADIAN PRESS

NFL

Source says Pats' Gronkowski out 4-6 weeks

No more end-zone spikes for a while from Rob Gronkowski.

A person familiar with the process said Monday the New England Patriots tight end expects to be sidelined for four to six weeks after having surgery for a broken left forearm. The person spoke to The Associated Press on condition of anonymity because there was no official announcement. THE ASSOCIATED PRESS

NFL

Brees to give $1M for Sandy relief

New Orleans Saints quarterback Drew Brees says he is donating $1 million US to Superstorm Sandy relief efforts.

Brees told CBS' Person to Person in an interview to air Friday that the donation will come through the Dream Foundation he runs with his wife, Brittany. He did not say who will be receiving the donation.

Brees says he and his wife want to give back what's been given to them. They say their foundation will also be donating $2 million to various New Orleans organizations over the next several months.
THE ASSOCIATED PRESS

49ers give Bears a beatdown

Chicago Bears quarterback Jason Campbell is sacked by Aldon Smith, left, and Justin Smith of the 49ers on Monday night at Candlestick Park in San Francisco. QB Colin Kaepernick passed for 243 yards and two touchdowns in his first career start in place of the injured Alex Smith, as the 49ers whipped the Bears 32-7 in a highly touted NFC showdown that hardly lived up to the hype. EZRA SHAW/GETTY IMAGES

Grey Cup history part of Canada's cultural fabric

100 years. Trophy has been everywhere from B.C. mountaintop to Canadian Forces base in Afghanistan

The University of Toronto Seniors, who won the first Grey Cup in 1909, are shown in a file photo. THE CANADIAN PRESS HANDOUT

It has been lost, forgotten, stolen, held for ransom, caught up in a compromising position with exotic dancers and even come under attack by the Taliban. Such is the rich and colourful history of the Grey Cup.

The iconic trophy wasn't supposed to honour a football champion. It was originally to be awarded annually to Canada's top senior hockey team, but Sir Montague Allan beat Earl Grey to the punch by issuing the Allan Cup. Grey later donated the trophy to recognize the Canadian rugby football winner. At the time, the Grey Cup was made at a reported cost of $48. Today, the hallowed trophy's value awarded yearly to the CFL champion is estimated at $75,000.

To those who compete for it, the Grey Cup isn't about money. It's a 100-year-old trophy that's steeped in tradition and sewn tightly in Canada's cultural fabric. The Calgary Stampeders and Toronto Argonauts will add to that rich history when they face off in the centennial version of the CFL's title game on Sunday at Toronto's Rogers Centre. Mark DeNobile, the executive director of the Canadian Football Hall of Fame, says the Grey Cup has weathered its share of storms over the years based on the shape of the trophy when it returns home to Hamilton.

"Whatever the team does with it while they have it as Grey Cup champions, we really don't want to know," he said with a chuckle. "A few times, yes, it has come back in rough shape."

The Grey Cup has special significance to the DeNobile family. DeNobile's father, Gino, appeared in seven CFL title games as an offensive lineman with the Hamilton Tiger-Cats from 1956 to 1984, winning twice.

After helping the B.C. Lions win the Grey Cup last November, linebacker James Yurichuk took the trophy to new heights. When it was the Brampton, Ont., native's turn to have the cup for a day, he took it via helicopter to the top of a B.C. mountain and had a friend film him victoriously raising the trophy above his head as the sun set behind him. THE CANADIAN PRESS

Close call

The Grey Cup has had adventures abroad.

- On July 1, 2008, Mark DeNobile and former CFL players brought the cup to a Canadian Forces base in Kandahar, Afghanistan.
- While there, the base came under attack by the Taliban. DeNobile was on stage with the cup when missiles hit nearby.

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
New York	7	1	.875	—
Brooklyn	6	2	.750	1
Miami	8	3	.727	1/2
Milwaukee	6	3	.667	1 1/2
Philadelphia	6	4	.600	2
Charlotte	5	4	.556	2 1/2
Atlanta	5	4	.556	2 1/2
Boston	6	5	.545	2 1/2
Chicago	5	5	.500	3
Indiana	5	7	.417	4
Toronto	3	7	.300	5
Orlando	3	7	.300	5
Cleveland	2	8	.200	6
Detroit	2	9	.182	6 1/2
Washington	0	9	.000	7 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
L.A. Clippers	8	2	.800	—
Memphis	8	2	.800	—
San Antonio	8	3	.727	1/2
Oklahoma City	8	3	.727	1/2
Minnesota	5	4	.556	21/2
Golden State	6	5	.545	21/2
Utah	6	6	.500	3
Dallas	6	6	.500	3
Portland	5	5	.500	3
L.A. Lakers	5	5	.500	3
Denver	5	6	.455	3 1/2
New Orleans	3	5	.375	4
Houston	4	7	.364	4 1/2
Phoenix	4	7	.364	4 1/2
Sacramento	2	8	.200	6

Division leaders ranked in top four positions with the best eight teams qualifying for playoffs

Monday's results
Atlanta 81 Orlando 72
Charlotte 102 Milwaukee 98
Denver 97 Memphis 92
Golden State 105 Dallas 101 (OT)
Indiana 96 Washington 89
L.A. Clippers 92 San Antonio 87
Utah 102 Houston 91

Sunday's results
New York 88 Indiana 76
Toronto 97 Orlando 86
Brooklyn 99 Sacramento 90
Philadelphia 86 Cleveland 79
Oklahoma City 119 Golden State 109
Detroit 103 Boston 83
Portland 102 Chicago 94
L.A. Lakers 119 Houston 108

Tuesday,'s games
Toronto at Philadelphia, 7 p.m.
New York at New Orleans, 8 p.m.
Brooklyn at L.A. Lakers, 10:30 p.m.

Wednesday's games
New Orleans at Indiana, 7 p.m.
Philadelphia at Cleveland, 7 p.m.
Detroit at Orlando, 7 p.m.
Toronto at Charlotte, 7 p.m.
San Antonio at Boston, 7:30 p.m.
Milwaukee at Miami, 7:30 p.m.
L.A. Clippers at Oklahoma City, 7:30 p.m.
Washington at Atlanta, 7:30 p.m.
Chicago at Houston, 8 p.m.
Denver at Minnesota, 8 p.m.
New York at Dallas, 8:30 p.m.
Portland at Phoenix, 9 p.m.
L.A. Lakers at Sacramento, 10 p.m.
Brooklyn at Golden State, 10:30 p.m.

SCORING LEADERS

	G	FG	FT	PTS	AVG
Bryant, LAL	10	94	59	264	26.4
Harden, Hou	10	82	79	260	26.0
Durant, Okl	11	93	69	270	24.5
James, Mia	11	108	39	269	24.5
Anthony, NYK	8	67	44	189	23.6
Irving, Cle	10	82	47	229	22.9
Mayo, Dal	11	77	44	234	21.3
Aldridge, Por	10	84	43	211	21.1
Batum, Por	10	72	33	208	20.8
Crawford, LAC	9	60	44	186	20.7
Westbrook, Okl	11	81	50	226	20.5
Ellis, Mil	8	60	35	162	20.3
Howard, LAL	10	73	54	200	20.0
Gay, Mem	9	69	32	178	19.8
Bosh, Mia	11	79	57	216	19.6
Pierce, Bos	11	67	58	212	19.3
Lillard, Por	10	68	30	190	19.0
Derozan, Tor	10	71	43	190	19.0
Walker, Cha	8	55	37	150	18.8
Holiday, Phi	10	69	33	186	18.6
Deng, Chi	10	70	34	181	18.1
Williams, Bro	8	48	36	144	18.0
Lopez, Bro	8	57	28	142	17.8
Duncan, SA	10	70	37	178	17.8
Martin, Okl	11	55	54	194	17.6
Curry, GoS	10	62	30	175	17.5
Jennings, Mil	8	52	21	140	17.5
Griffin, LAC	9	62	32	156	17.3
Randolph, Mem	9	60	35	155	17.2
Monroe, Det	11	75	35	185	16.8
Matthews, Por	10	58	26	164	16.4
Anderson, NO	8	51	7	131	16.4

Not including last night's games

TRANSACTIONS

MLB

AMERICAN LEAGUE

TORONTO BLUE JAYS — Designated RHP Joel Carreno for assignment.

NATIONAL LEAGUE

CHICAGO CUBS — Agreed to terms with RHP Shawn Camp on a one-year contract.
MIAMI MARLINS — Traded SS Jose Reyes, LHP Mark Buehrle, RHP Josh Johnson, C John Buck and OF Emilio Bonifacio and cash to Toronto for INF Yunel Escobar, INF Adeiny Hechavarria, RHP Henderson Alvarez, RHP Anthony DeSclafani, LHP Justin Nicolino, C Jeff Mathis and OF Jake Marisnick. Agreed to terms with OF Juan Pierre on a one-year contract.

NFL

LEAGUE OFFICE — Suspended Baltimore S Ed Reed one game for repeated violations of the rule prohibiting hits to the head and neck area of defenseless players. Suspended Atlanta OL Joe Hawley four games for violating NFL rules against performance-enhancing substances.
INDIANAPOLIS COLTS — Activated G Justin Anderson from the physically-unable-to-perform list. Signed CB Marshay Green to the practice squad. Waived TE Kyle Miller.
NEW ENGLAND PATRIOTS Ñ Signed WR Kamar Aiken to the practice squad.

AHL

LEAGUE OFFICE — Suspended Rockford D Shawn Lalonde three games, Oklahoma City LW Antti Tyrvainen two games and Milwaukee LW Gabriel Bourque two game for their actions in recent games.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Worcester	15	7	6	1	1	40	46	16
Manchester	14	7	6	0	1	35	32	15
Portland	14	6	6	1	1	46	44	14
St. John's	15	7	8	0	0	34	47	14
Providence	14	6	7	0	1	30	40	13

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	14	10	2	0	2	49	23	22
Bridgeport	14	10	4	0	0	49	39	20
Connecticut	14	6	7	1	0	43	48	13
Albany	13	4	5	0	4	30	35	12
Adirondack	14	6	8	0	0	34	44	12

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	14	10	2	1	1	54	38	22
Binghamton	13	7	4	1	1	34	34	16
W-B/Scranton	15	8	7	0	0	37	35	16
Norfolk	14	7	7	0	0	43	46	14
Hershey	15	6	8	1	0	39	44	13

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	15	10	2	1	2	45	27	23
Toronto	15	9	5	0	1	53	43	19
Lake Erie	16	9	6	1	0	51	48	19
Rochester	15	8	6	1	0	53	46	17
Hamilton	13	5	6	1	1	30	44	12

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	14	8	4	1	1	52	46	18
Chicago	14	7	5	2	0	38	43	16
Milwaukee	14	6	7	1	0	37	41	13
Rockford	15	6	8	0	1	43	48	13
Peoria	15	5	7	2	1	33	53	13

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	16	11	3	0	2	58	39	24
Oklahoma City	15	8	5	1	1	45	45	18
Houston	16	7	6	1	2	56	52	17
Texas	13	6	6	0	1	28	37	13
San Antonio	14	4	8	0	2	33	45	10

Monday's results
No Games Scheduled.
Sunday's results
Abbotsford 0 Toronto 5
Bridgeport 6 Providence 2
Syracuse 5 Hershey 3
Charlotte 4 San Antonio 3 (SO)
Rockford 2 Houston 3
Tuesday's games
All Times Eastern
Hamilton at St. John's, 1:30 p.m.
Manchester at Portland, 7 p.m.
Milwaukee at Chicago, 8 p.m.
Wednesday's games
Hamilton at St. John's, 1:30 p.m.
W-B/Scranton at Hershey, 7 p.m.
Bridgeport at Adirondack, 7 p.m.
Charlotte at Norfolk, 7:15 p.m.
Peoria at Rockford, 8:05 p.m.
Oklahoma City at Texas, 8:30 p.m.
Thursday's game
Toronto at Binghamton, 6:05 p.m.
Friday's games
Norfolk at Adirondack, 7 p.m.
Springfield at Portland, 7 p.m.
Worcester at Manchester, 7 p.m.
Connecticut at Bridgeport, 7 p.m.
Chicago at Grand Rapids, 7 p.m.
Albany at Rochester, 7:05 p.m.
Rockford at Lake Erie, 7:30 p.m.
Binghamton at Syracuse, 7:30 p.m.
Milwaukee at Peoria, 8:05 p.m.
Houston at San Antonio, 8:30 p.m.
Abbotsford at Texas, 8:30 p.m.

CFL

PLAYOFFS

DIVISION FINALS

Sunday's results

EAST DIVISION
Toronto 27 Montreal 20

WEST DIVISION
Calgary 34 B.C. 29

100TH GREY CUP

Sunday's game — All Times Eastern
At Toronto
Toronto vs. Calgary, 6 p.m.

CIS FOOTBALL

NATIONAL SEMIFINALS

Saturday's results

UTECK BOWL
Laval 42 Acadia 7

MITCHELL BOWL
McMaster 45 Calgary 6
Friday's game — All Times Eastern

48TH VANIER CUP
At Toronto
Laval vs. McMaster, 7:30 p.m.

U.S. COLLEGE FOOTBALL

AP TOP 25 POLL

With first-place votes in parentheses, records through Nov. 19, total points based on 25 points for a first-place vote through one point for a 25th-place vote and last week's ranking:

	Record	Pts	Pvs
1. Notre Dame (60)	11-0	1,500	3
2. Alabama (60)	10-1	1,399	4
3. Georgia	10-1	1,316	5
4. Ohio State	11-0	1,292	6
5. Oregon (45)	10-1	1,246	1
6. Florida (1)	10-1	1,171	7
7. Kansas State (14)	10-1	1,064	2
8. Louisiana State (1)	9-2	1,048	8
9. Texas A&M	9-2	1,028	9
10. Florida State	10-1	1,026	10
11. Stanford	9-2	991	14
12. Clemson	10-1	874	11
13. South Carolina	9-2	795	12
14. Oklahoma	8-2	734	13
15. UCLA	9-2	624	17
16. Oregon State	8-2	599	15
17. Nebraska	9-2	559	16
18. Texas	8-2	498	18
19. Louisville	9-1	362	20
20. Michigan	8-3	282	23
21. Rutgers	9-1	265	22
22. Oklahoma State	7-3	240	26
23. West Virginia	5-3	126	25
23. Kent State	10-1	155	25
23. Texas Tech	7-4	135	25

Others receiving votes: Michigan State 49, Virginia Tech 26, Ohio 22, Northwestern 20, Washington 20, Boise State 20, Central Florida 16, North Carolina State 13, Arizona 13, USC 12, Tulsa 10, Penn State 8, San Jose State 8, Fresno State 7, Cincinnati 6, Purdue 5, Arizona State 5, Miami (Fla.) 4, Louisiana Tech 4, Wisconsin 4, Duke 3, Tennessee 3, North Carolina 2, San Diego State 2, Iowa State 1, Baylor 1, Texas Christian 1, Toledo 1, Vanderbilt 1, Louisiana-Monroe 1.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	7	3	0	.700	358	225
N.Y. Jets	4	6	0	.400	202	241
Miami	4	6	0	.400	187	205
Buffalo	4	6	0	.400	230	299

SOUTH

	W	L	T	Pct	PF	PA
Houston	9	1	0	.900	293	180
Indianapolis	6	4	0	.600	210	260
Tennessee	4	6	0	.400	219	311
Jacksonville	1	9	0	.100	164	289

NORTH

	W	L	T	Pct	PF	PA
Baltimore	8	2	0	.800	267	206
Pittsburgh	6	4	0	.600	217	190
Cincinnati	5	5	0	.500	248	237
Cleveland	2	8	0	.200	189	234

WEST

	W	L	T	Pct	PF	PA
Denver	7	3	0	.700	301	212
San Diego	4	6	0	.400	232	221
Oakland	3	7	0	.300	208	322
Kansas City	1	9	0	.100	152	284

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	4	0	.600	267	216
Dallas	5	5	0	.500	211	224
Washington	4	6	0	.400	257	254
Philadelphia	3	7	0	.300	162	252

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	9	1	0	.900	270	193
Tampa Bay	6	4	0	.600	287	230
New Orleans	5	5	0	.500	287	273
Carolina	2	8	0	.200	184	243

NORTH

	W	L	T	Pct	PF	PA
Chicago	7	3	0	.700	249	165
Green Bay	7	3	0	.700	263	207
Minnesota	6	4	0	.600	238	221
Detroit	4	6	0	.400	236	246

WEST

	W	L	T	Pct	PF	PA
San Francisco	7	2	1	.750	245	134
Seattle	6	4	0	.600	198	161
Arizona	4	6	0	.400	163	196
St. Louis	3	6	1	.350	174	237

WEEK 11

Monday's result
San Francisco 32 Chicago 7
Sunday's results
Dallas 23 Cleveland 20
N.Y. Jets 27 St. Louis 13
Cincinnati 28 Kansas City 6
Atlanta 23 Arizona 19
Houston 43 Jacksonville 37
Washington 31 Philadelphia 6
Green Bay 24 Detroit 20
Tampa Bay 27 Carolina 21
New Orleans 38 Oakland 17
New England 59 Indianapolis 24
Denver 30 San Diego 23
Baltimore 13 Pittsburgh 10

WEEK 12

Thursday's games — All Times Eastern
Houston at Detroit, 12:30 p.m.
Washington at Dallas, 4:15 p.m.
New England at N.Y. Jets, 8:20 p.m.
Sunday's games
Seattle at Miami, 1 p.m.
Oakland at Cincinnati, 1 p.m.
Buffalo at Indianapolis, 1 p.m.
Pittsburgh at Cleveland, 1 p.m.
Tennessee at Jacksonville, 1 p.m.
Denver at Kansas City, 1 p.m.
Minnesota at Chicago, 1 p.m.
Atlanta at Tampa Bay, 1 p.m.
Baltimore at San Diego, 4:05 p.m.
San Francisco at New Orleans, 4:25 p.m.
St. Louis at Arizona, 4:25 p.m.
Green Bay at N.Y. Giants, 8:20 p.m.

SOCCER

MLS PLAYOFFS

CONFERENCE FINALS

(two-game, total-goals series)

EASTERN CONFERENCE

D.C UNITED VS. HOUSTON
(Houston advances 4-2)
Sunday's result
Houston 1 D.C. United 1

WESTERN CONFERENCE

SEATTLE VS. LOS ANGELES
(Los Angeles advances 4-2)
Sunday's result
Seattle 2 Los Angeles 1

MLS CUP

Saturday, Dec. 1 — All Times Eastern
Houston vs. Los Angeles, 4:30 p.m.

ENGLAND

PREMIER LEAGUE
West Ham 1 Stoke City 1

ITALY

SERIE A
Roma 2 Torino 0

SPAIN

PRIMERA
Real Sociedad 4 Rayo Vallecano 0

GOLF

WORLD RANKING

Through November 19

1. Rory McIlroy	12.59
2. Luke Donald	9.06
3. Tiger Woods	9.00
4. Lee Westwood	6.60
5. Adam Scott	6.59
6. Louis Oosthuizen	6.15
7. Justin Rose	6.08
8. Jason Dufner	5.83
9. Webb Simpson	5.71
10. Brandt Snedeker	5.64
11. Bubba Watson	5.49
12. Phil Mickelson	5.21
13. Ian Poulter	5.16
14. Steve Stricker	5.08
15. Keegan Bradley	4.98
16. Nick Watney	4.94
17. Matt Kuchar	4.88
18. Dustin Johnson	4.81
19. Peter Hanson	4.77
20. Ernie Els	4.69
21. Zach Johnson	4.64
22. Sergio Garcia	4.60
23. Bo Van Pelt	4.44
24. Graeme McDowell	4.37
25. Hunter Mahan	4.17
26. Jim Furyk	3.95
27. Paul Lawrie	3.79
28. Rickie Fowler	3.61
29. Francesco Molinari	3.61
30. Martin Kaymer	3.55

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Horoscopes

Aries
March 21 - April 20
If what you are doing with your life is not to your liking then change it. The Sun's move into Sagittarius tomorrow will encourage you to head off in a completely new direction. What are you waiting for?

Taurus
April 21 - May 21
Even if your money situation is dismal, things will improve dramatically over the next few days so don't despair. An improved outlook might help as well. There are more important things in life to worry about than cash.

Gemini
May 22 - June 21
The Sun crosses the partnership angle of your chart tomorrow, making it essential that you get along with people on a one-to-one level. Think of everyone you meet as your friend — and you will benefit in remarkable ways.

Cancer
June 22 - July 23
If there is anything strenuous that needs to be done, you should get it out of the way today because when the Sun moves into the wellbeing area of your chart tomorrow, you probably won't be up to it. Get going.

Leo
July 24 - Aug. 23
By all means, be active but look ahead a few moves as well. It will spare you a lot of setbacks and maybe a few cuts and bruises too. And try to be patient with people who move more slowly than you.

Virgo
Aug. 24 - Sept. 23
No matter how fit you may feel right now, the exertions of the past few weeks will catch up with you quite quickly. Plan a few quiet evenings in with loved ones. They will appreciate it — and so will you.

Libra
Sept. 24 - Oct. 23
The cosmic picture is beginning to change and by the end of the week you will be getting out and about and meeting new people. Friendships and love affairs are under excellent stars — just don't get them mixed up!

Scorpio
Oct. 24 - Nov. 22
You have done a lot in recent weeks and can feel proud of yourself, but over the next few days you will have to work even harder to safeguard your gains. The price of success is eternal vigilance.

Sagittarius
Nov. 23 - Dec. 21
Clear out all that is old and worthless in your life so there is room for bigger and better things to come in. That applies to people as much as to possessions. Your own needs must come first now.

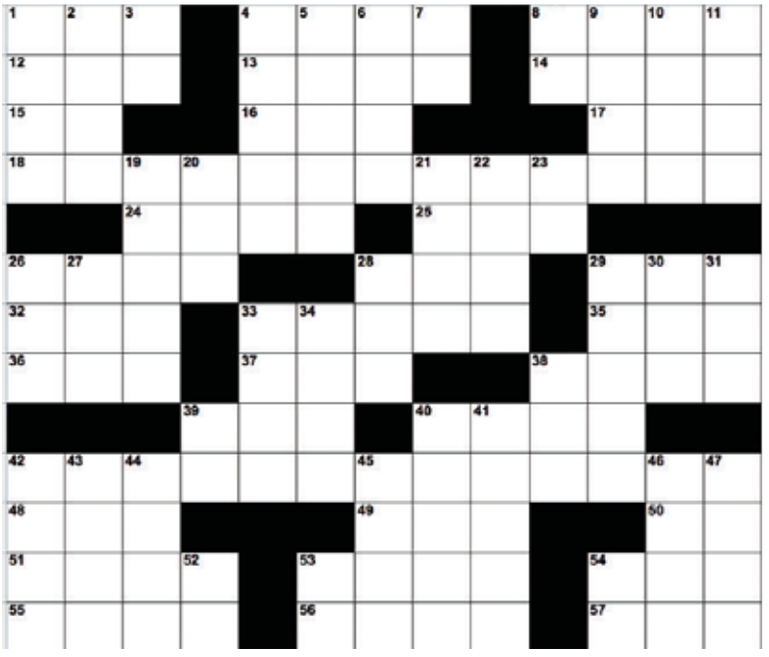
Capricorn
Dec. 22 - Jan. 20
The next few weeks are going to be of the utmost importance. Think about what you want to be doing from the time of your next birthday for the following 12 months. How can you prepare the ground? Start now.

Aquarius
Jan. 21 - Feb. 19
Positive thinking can take you only so far. At some point you have to move from thinking to doing. The Sun's change of signs tomorrow will show you new ways to get ahead. Hard work must come from you.

Pisces
Feb. 20 - March 20
It is time to decide, once and for all, what your priorities are going to be. Don't listen to what other people tell you, listen only to your own inner voice. The choices you make now will have long-term consequences. **SALLY BROMPTON**

Crossword

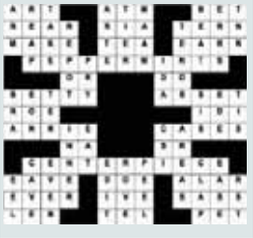
BY BETTY MARTIN



Across
1. Southern st.
4. Rig
8. — Network Canada
12. Light
13. British bus
14. Erected
15. Railway extension
16. "Con —"
17. Term of endearment
18. Drive in the country to see these (2 words)
24. Bratty children
25. Wager
26. Actress — Ward of Once and Again
28. Hawaii's Mauna —
29. Corner —
32. Before
33. Talk show host DeGeneres
35. Actors Norton and Murphy
36. Reply (abbr.)
37. Pilfer
38. Suit accompaniment
39. — the season
40. Nickel or dime
42. 1970's John Ritter sitcom (2 words)
48. Exclamation of surprise
49. Entourage role
50. Apiece (abbr.)
51. Angers
53. Proofreaders word
54. Aries sign
55. Skirt edge
56. — than Perfect
57. Vocalized pauses

Down
1. Type of market
2. To Sir, With Love singer
3. Tree chopping tool
4. Used on an envelope
5. Moran, and others
6. Copage of Julia
7. — a Big Girl Now
8. Radio dial
9. Waikiki island
10. Aroma
11. Lairs
19. Floor coverings
20. Thurman of Kill Bill
21. Woodwind instrument
22. "— on Me"
23. Bible pt.
26. Health resort
27. Eagle
28. Law degree (abbr.)
29. Actress Davis of Commander in Chief
30. Commercials
31. Fast jet, of old
33. A great lake
34. Defeat
38. Exclusive area of a nightclub
39. – Diem
40. Centres
41. Leave out
42. — Old House
43. Rodent
44. Perlman of Cheers
45. The Curious Case of Benjamin Button actress Blanchett
46. Close by
47. Sweet potatoes
52. Size before med.
53. She played Ellie Bartowski in Chuck (init.)
54. Concerning (abbr.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	9	3					5	
4					9		8	
5			2		3	6		
	4			7		5		1
7		1		5			9	
		9	4		8			7
	2		7					3
	6					8	4	

Yesterday's Sudoku

6	1	9	3	7	4	5	2	8
8	4	7	9	5	2	3	1	6
3	5	2	6	1	8	9	7	4
9	7	8	5	2	3	6	4	1
2	3	5	4	6	1	7	8	9
4	6	1	7	8	9	2	3	5
1	9	4	2	3	6	8	5	7
7	2	6	8	4	5	1	9	3
5	8	3	1	9	7	4	6	2

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 5° MIN: 2°	MAX: -5° MIN: -9°	MAX: -9° MIN: -16°

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